



Miss Mattie's Southern Pimiento Cheese

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



768 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.5 cup sweet-hot pickled jalapeno pepper jarred chopped
- ☐ 1 slices garnishes: sweet-hot pickled jalapeno pepper pecans toasted chopped
- ☐ 1 tablespoon liquid from sweet-hot pickled jalapeno pepper
- ☐ 1 cup mayonnaise
- ☐ 1 lb mild cheddar cheese freshly grated
- ☐ 0.5 cup pecans chopped
- ☐ 7 oz pimientos diced drained

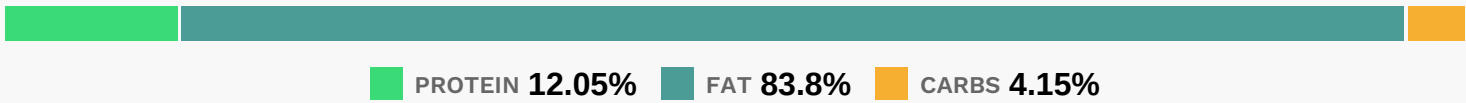
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Bake 1/2 cup chopped pecans at 350 in a shallow pan 8 to 10 minutes or until toasted and fragrant, stirring halfway through. Cool 20 minutes. Stir together mayonnaise, diced pimienta, pickled jalapeo pepper slices, liquid from sweet-hot pickled jalapeo pepper slices, and toasted pecans. Stir in Cheddar cheese until well blended.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:53.4, Glycemic Load:2.07, Inflammation Score:-9, Nutrition Score:24.542608406233%

Flavonoids

Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg

Nutrients (% of daily need)

Calories: 768.48kcal (38.42%), Fat: 72.43g (111.43%), Saturated Fat: 23.36g (146.02%), Carbohydrates: 8.06g (2.69%), Net Carbohydrates: 5.83g (2.12%), Sugar: 3.27g (3.63%), Cholesterol: 109.53mg (36.51%), Sodium: 886.16mg (38.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.44g (46.89%), Vitamin C: 67.55mg (81.88%), Vitamin K: 82.18µg (78.27%), Calcium: 657.92mg (65.79%), Phosphorus: 471.25mg (47.13%), Vitamin A: 2171.24IU (43.42%), Selenium: 27.29µg (38.98%), Manganese: 0.57mg (28.66%), Vitamin B2: 0.47mg (27.49%), Zinc: 4.03mg (26.86%), Vitamin E: 2.76mg (18.41%), Vitamin B12: 1.02µg (16.92%), Vitamin B6: 0.29mg (14.28%), Magnesium: 45.1mg (11.27%), Copper: 0.22mg (10.83%), Fiber: 2.23g (8.93%), Iron: 1.52mg (8.44%), Vitamin B1: 0.12mg (8.28%), Folate: 30.65µg (7.66%), Potassium: 258.71mg (7.39%), Vitamin B5: 0.59mg (5.86%), Vitamin D: 0.63µg (4.23%), Vitamin B3: 0.7mg (3.5%)