



 **16%**
HEALTH SCORE

Mother's Everyday Pimento Cheese

 Vegetarian  Gluten Free

READY IN



300 min.

SERVINGS



3

CALORIES



963 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 0.5 teaspoon pepper black
- 3 servings ground pepper to taste
- 0.5 lb cheddar cheese extra-sharp (orange)
- 0.5 lb cheddar cheese white extra-sharp
- 0.7 cup mayonnaise

Equipment

- bowl

Directions

- Finely grate cheeses into a large bowl. Stir in pimentos, black pepper, cayenne, and salt to taste with a fork. Then stir in mayonnaise, mashing mixture with fork until relatively smooth. (It should be flecked with small pieces of pimento.)
- Scrape spread into a crock or jar and chill, covered, at least 2 hours to allow flavors to develop.
- Serve pimento cheese with crackers or use as a filling for finger sandwiches.
- Pimento cheese keeps, tightly covered and chilled, 4 days.

Nutrition Facts

PROTEIN 14.9% **FAT 82.9%** **CARBS 2.2%**

Properties

Glycemic Index:56, Glycemic Load:1.37, Inflammation Score:-9, Nutrition Score:24.40130437457%

Nutrients (% of daily need)

Calories: 962.57kcal (48.13%), Fat: 89g (136.92%), Saturated Fat: 34.92g (218.27%), Carbohydrates: 5.32g (1.77%), Net Carbohydrates: 4.69g (1.71%), Sugar: 0.99g (1.1%), Cholesterol: 172.1mg (57.37%), Sodium: 1305.59mg (56.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.98g (71.96%), Calcium: 1077.38mg (107.74%), Vitamin K: 86.92µg (82.78%), Phosphorus: 709.32mg (70.93%), Selenium: 44.13µg (63.04%), Vitamin A: 2381.38IU (47.63%), Vitamin B2: 0.7mg (40.9%), Zinc: 5.68mg (37.85%), Vitamin B12: 1.66µg (27.71%), Vitamin E: 3.37mg (22.45%), Magnesium: 44.93mg (11.23%), Folate: 36.42µg (9.1%), Vitamin B6: 0.16mg (7.91%), Vitamin B5: 0.71mg (7.15%), Vitamin D: 1.01µg (6.71%), Manganese: 0.1mg (5.06%), Potassium: 171.09mg (4.89%), Vitamin B1: 0.06mg (3.72%), Copper: 0.07mg (3.56%), Iron: 0.53mg (2.97%), Fiber: 0.63g (2.51%), Vitamin C: 1.53mg (1.85%), Vitamin B3: 0.26mg (1.28%)