



Mother's Everyday Pimento Cheese



Vegetarian



Gluten Free

READY IN



300 min.

SERVINGS



3

CALORIES



981 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
- ☐ 7 oz pimientos drained finely chopped

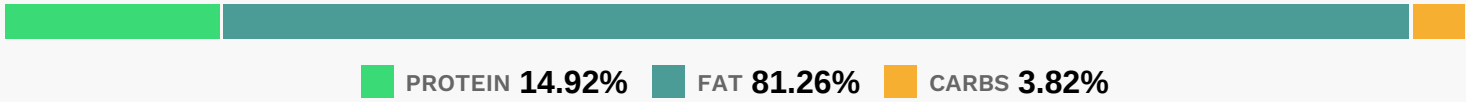
Equipment

- ☐ 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



Properties

Glycemic Index:71, Glycemic Load:2.54, Inflammation Score:-10, Nutrition Score:31.831739093946%

Nutrients (% of daily need)

Calories: 981.09kcal (49.05%), Fat: 89.24g (137.3%), Saturated Fat: 34.96g (218.5%), Carbohydrates: 9.45g (3.15%), Net Carbohydrates: 7.3g (2.65%), Sugar: 3.19g (3.54%), Cholesterol: 172.1mg (57.37%), Sodium: 1316.83mg (57.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.87g (73.75%), Calcium: 1082.02mg (108.2%), Vitamin K: 93.67µg (89.21%), Vitamin C: 70.32mg (85.24%), Vitamin A: 4137.63IU (82.75%), Phosphorus: 723.22mg (72.32%), Selenium: 44.26µg (63.23%), Vitamin B2: 0.74mg (43.74%), Zinc: 5.83mg (38.86%), Vitamin B12: 1.66µg (27.71%), Vitamin E: 3.92mg (26.15%), Vitamin B6: 0.33mg (16.61%), Magnesium: 49.56mg (12.39%), Iron: 1.9mg (10.54%), Folate: 41.05µg (10.26%), Fiber: 2.15g (8.6%), Potassium: 298.75mg (8.54%), Manganese: 0.16mg (8.1%), Vitamin B5: 0.72mg (7.21%), Vitamin D: 1.01µg (6.71%), Copper: 0.11mg (5.55%), Vitamin B1: 0.07mg (4.64%), Vitamin B3: 0.75mg (3.77%)