



New South Jalapeño Pimiento Cheese

READY IN



25 min.

SERVINGS



25

CALORIES



167 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 1 slices round buttery crackers assorted
- ☐ 16 oz sharp cheddar cheese shredded extra-sharp
- ☐ 8 oz cream cheese softened
- ☐ 0.5 cup jalapeno drained
- ☐ 0.3 cup mayonnaise
- ☐ 8 oz mild cheddar cheese shredded
- ☐ 14 oz pimientos diced drained
- ☐ 12 oz roasted peppers red drained
- ☐ 2 tablespoons worcestershire sauce

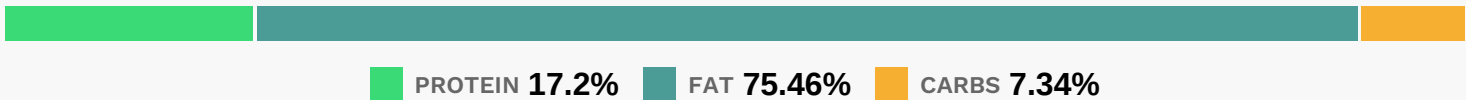
Equipment

☐ food processor

Directions

- ☐ Process first 3 ingredients, in batches, in a food processor 45 seconds or until well blended.
- ☐ Add pimienta and next 4 ingredients, and pulse 5 to 6 times or to desired consistency. Cover and chill up to 1 day.
- ☐ Serve with crackers or bread slices.

Nutrition Facts



Properties

Glycemic Index:8.32, Glycemic Load:0.62, Inflammation Score:-6, Nutrition Score:6.8004347085953%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 166.68kcal (8.33%), Fat: 14.16g (21.79%), Saturated Fat: 7.34g (45.87%), Carbohydrates: 3.1g (1.03%), Net Carbohydrates: 2.52g (0.92%), Sugar: 1.18g (1.32%), Cholesterol: 37.32mg (12.44%), Sodium: 427.78mg (18.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.26g (14.53%), Vitamin C: 25.15mg (30.48%), Calcium: 209.82mg (20.98%), Vitamin A: 908.73IU (18.17%), Phosphorus: 142.27mg (14.23%), Selenium: 8.62µg (12.32%), Vitamin B2: 0.16mg (9.42%), Zinc: 1.11mg (7.43%), Vitamin K: 6.48µg (6.17%), Vitamin B12: 0.31µg (5.19%), Vitamin B6: 0.1mg (4.88%), Vitamin E: 0.56mg (3.71%), Iron: 0.57mg (3.18%), Potassium: 99.28mg (2.84%), Magnesium: 11.25mg (2.81%), Folate: 10.56µg (2.64%), Fiber: 0.58g (2.32%), Manganese: 0.04mg (2.11%), Copper: 0.04mg (2.09%), Vitamin B5: 0.18mg (1.81%), Vitamin B3: 0.25mg (1.26%), Vitamin B1: 0.02mg (1.25%), Vitamin D: 0.17µg (1.12%)