



Party Pimento Cheese Spread

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



355 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 0.3 cup butter softened
- 1 teaspoon garlic powder to taste
- 0.3 cup mayonnaise
- 0.5 cup pecans chopped
- 4 ounce pimentos drained chopped
- 0.3 teaspoon salt to taste
- 2 cups sharp cheddar cheese shredded
- 0.3 teaspoon sugar white

Equipment

mixing bowl

blender

Directions

Beat the shredded Cheddar cheese, mayonnaise, and softened butter in a mixing bowl with a mixer on low speed until well blended.

Add the pimentos, garlic powder, salt, and sugar; mix to combine. Stir in the pecans.

Nutrition Facts



PROTEIN 11.15% **FAT 84.5%** **CARBS 4.35%**

Properties

Glycemic Index:42.85, Glycemic Load:0.78, Inflammation Score:-7, Nutrition Score:10.189130575761%

Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg

Nutrients (% of daily need)

Calories: 355.32kcal (17.77%), Fat: 34.07g (52.42%), Saturated Fat: 13.76g (85.99%), Carbohydrates: 3.95g (1.32%), Net Carbohydrates: 2.6g (0.94%), Sugar: 1.35g (1.5%), Cholesterol: 61.92mg (20.64%), Sodium: 466.83mg (20.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.12g (20.23%), Calcium: 277.46mg (27.75%), Vitamin C: 19.76mg (23.95%), Vitamin A: 1126.72IU (22.53%), Manganese: 0.44mg (21.79%), Phosphorus: 207.94mg (20.79%), Vitamin K: 19.03µg (18.12%), Selenium: 11.47µg (16.39%), Zinc: 1.88mg (12.5%), Vitamin B2: 0.2mg (11.61%), Vitamin E: 1.1mg (7.32%), Vitamin B12: 0.43µg (7.11%), Copper: 0.14mg (6.86%), Magnesium: 23.15mg (5.79%), Fiber: 1.35g (5.41%), Vitamin B1: 0.08mg (5.23%), Vitamin B6: 0.1mg (5.2%), Iron: 0.73mg (4.06%), Potassium: 112.85mg (3.22%), Folate: 12.22µg (3.05%), Vitamin B5: 0.27mg (2.66%), Vitamin D: 0.24µg (1.63%), Vitamin B3: 0.28mg (1.38%)