



Party Pimento Cheese Spread

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



350 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
- 0.3 teaspoon salt to taste
- 2 cups sharp cheddar cheese shredded
- 0.3 teaspoon granulated 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 **11.06%**  FAT **85.83%**  CARBS **3.11%**

Properties

Glycemic Index:35.35, Glycemic Load:0.45, Inflammation Score:-4, Nutrition Score:8.0613044578096%

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: 350.03kcal (17.5%), Fat: 34g (52.31%), Saturated Fat: 13.75g (85.93%), Carbohydrates: 2.77g (0.92%), Net Carbohydrates: 1.85g (0.67%), Sugar: 0.72g (0.8%), Cholesterol: 61.92mg (20.64%), Sodium: 463.62mg (20.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.86g (19.72%), Calcium: 276.14mg (27.61%), Manganese: 0.42mg (20.92%), Phosphorus: 203.97mg (20.4%), Selenium: 11.43µg (16.34%), Vitamin K: 17.1µg (16.29%), Vitamin A: 624.94IU (12.5%), Zinc: 1.83mg (12.21%), Vitamin B2: 0.18mg (10.8%), Vitamin B12: 0.43µg (7.11%), Copper: 0.13mg (6.3%), Vitamin E: 0.94mg (6.26%), Magnesium: 21.83mg (5.46%), Vitamin B1: 0.07mg (4.96%), Fiber: 0.92g (3.67%), Vitamin B6: 0.05mg (2.72%), Folate: 10.89µg (2.72%), Vitamin B5: 0.26mg (2.64%), Potassium: 76.37mg (2.18%), Iron: 0.34mg (1.89%), Vitamin D: 0.24µg (1.63%)