



Pecan Pimiento Cheese

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



1186 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 8 ounce block cheddar cheese shredded extra-sharp finely
- ☐ 0.3 teaspoon ground pepper red
- ☐ 1 teaspoon worchestershire sauce
- ☐ 1.5 cups mayonnaise
- ☐ 1 tablespoon onion finely grated
- ☐ 0.8 cup pecans toasted chopped
- ☐ 4 ounce pimientos diced drained
- ☐ 8 ounce block sharp cheddar cheese shredded

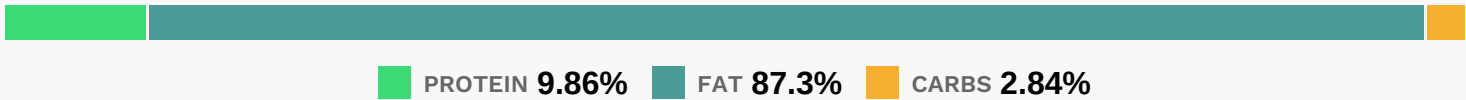
Equipment

☐ bowl

Directions

☐ Stir together first five ingredients in a bowl; stir in cheeses and pecans. Store in refrigerator up to 1 week.

Nutrition Facts



Properties

Glycemic Index:54.5, Glycemic Load:1.64, Inflammation Score:-9, Nutrition Score:27.809130606444%

Flavonoids

Cyanidin: 2.19mg, Cyanidin: 2.19mg, Cyanidin: 2.19mg, Cyanidin: 2.19mg Delphinidin: 1.49mg, Delphinidin: 1.49mg, Delphinidin: 1.49mg, Delphinidin: 1.49mg Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg Epigallocatechin: 1.15mg, Epigallocatechin: 1.15mg, Epigallocatechin: 1.15mg, Epigallocatechin: 1.15mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Epigallocatechin 3-gallate: 0.47mg, Epigallocatechin 3-gallate: 0.47mg, Epigallocatechin 3-gallate: 0.47mg, Epigallocatechin 3-gallate: 0.47mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 1185.95kcal (59.3%), Fat: 116.23g (178.82%), Saturated Fat: 32.88g (205.53%), Carbohydrates: 8.51g (2.84%), Net Carbohydrates: 5.82g (2.12%), Sugar: 3.01g (3.35%), Cholesterol: 148.68mg (49.56%), Sodium: 1294.98mg (56.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.54g (59.08%), Vitamin K: 143.36µg (136.53%), Calcium: 825.5mg (82.55%), Phosphorus: 600.66mg (60.07%), Selenium: 34.88µg (49.83%), Manganese: 0.97mg (48.44%), Vitamin A: 2007.04IU (40.14%), Vitamin C: 29.99mg (36.35%), Zinc: 5.29mg (35.24%), Vitamin B2: 0.57mg (33.24%), Vitamin E: 4.17mg (27.78%), Vitamin B12: 1.3µg (21.71%), Copper: 0.32mg (15.85%), Magnesium: 58.61mg (14.65%), Vitamin B1: 0.18mg (12.25%), Fiber: 2.69g (10.76%), Vitamin B6: 0.21mg (10.43%), Folate: 35.1µg (8.78%), Iron: 1.47mg (8.19%), Vitamin B5: 0.8mg (7.95%), Potassium: 248.79mg (7.11%), Vitamin D: 0.85µg (5.66%), Vitamin B3: 0.53mg (2.63%)