



Peppered Pimiento Cheese

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



9

CALORIES



262 kcal

CONDIMENT

DIP

SPREAD

Ingredients

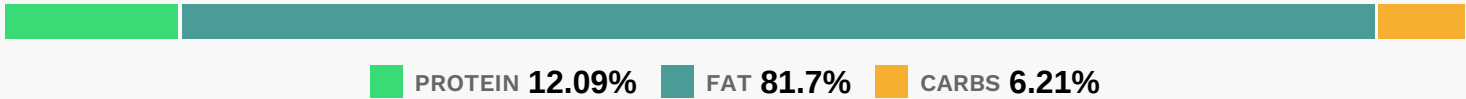
- ☐ 4 ounce chiles green chopped canned
- ☐ 8 ounce cream cheese softened
- ☐ 1 garlic clove minced
- ☐ 0.3 cup mayonnaise
- ☐ 0.3 cup pecans toasted chopped
- ☐ 4 ounce pimientos diced drained
- ☐ 8 ounces sharp cheddar cheese shredded
- ☐ 1 teaspoon relish sweet drained

Equipment

Directions

- ☐
- Beat first 4 ingredients until smooth. Stir in Cheddar cheese and remaining ingredients. Cover and chill up to 8 hours.
- ☐
- Serve with pita chips or crackers.
- ☐
- .* Reduced-fat cream cheese, light mayonnaise and reduced-fat sharp cheddar cheese may be substituted.
- ☐
- Prep: 10 min., Chill: 8 hrs

Nutrition Facts



Properties

Glycemic Index:21, Glycemic Load:0.83, Inflammation Score:-6, Nutrition Score:7.5617391285689%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 261.64kcal (13.08%), Fat: 24.16g (37.16%), Saturated Fat: 10.85g (67.84%), Carbohydrates: 4.13g (1.38%), Net Carbohydrates: 3.33g (1.21%), Sugar: 1.77g (1.97%), Cholesterol: 53.26mg (17.75%), Sodium: 340.17mg (14.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.04g (16.09%), Vitamin C: 17.56mg (21.28%), Calcium: 211.26mg (21.13%), Vitamin A: 953.87IU (19.08%), Phosphorus: 156.69mg (15.67%), Selenium: 9.67µg (13.81%), Vitamin K: 13.14µg (12.51%), Vitamin B2: 0.19mg (11.04%), Zinc: 1.24mg (8.28%), Manganese: 0.16mg (7.96%), Vitamin B12: 0.33µg (5.5%), Vitamin E: 0.76mg (5.08%), Vitamin B6: 0.09mg (4.54%), Folate: 16.24µg (4.06%), Magnesium: 14.29mg (3.57%), Iron: 0.6mg (3.31%), Fiber: 0.81g (3.23%), Potassium: 106.36mg (3.04%), Vitamin B5: 0.3mg (2.98%), Copper: 0.06mg (2.97%), Vitamin B1: 0.04mg (2.55%), Vitamin B3: 0.25mg (1.24%), Vitamin D: 0.16µg (1.09%)