

Pimento Cheese



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



469 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 pinch cayenne
- ☐ 1 pound cheddar grated
- ☐ 0.3 teaspoon sea salt
- ☐ 0.3 teaspoons granulated onion
- ☐ 0.7 cup mayonnaise
- ☐ 0.5 pound pepper jack grated
- ☐ 0.5 tablespoon pepper sauce green

☐ 4 ounce pimentos diced canned

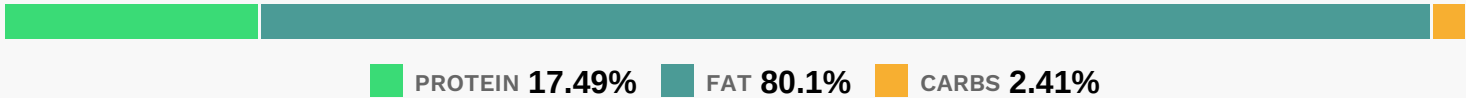
Equipment

☐ bowl

Directions

- ☐ Watch how to make this recipe.
- ☐ In a medium bowl, mix all ingredients well and refrigerate for 30 minutes.

Nutrition Facts



Properties

Glycemic Index:28.5, Glycemic Load:0.75, Inflammation Score:-7, Nutrition Score:13.392173932946%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 469.15kcal (23.46%), Fat: 41.89g (64.45%), Saturated Fat: 18.5g (115.6%), Carbohydrates: 2.84g (0.95%), Net Carbohydrates: 2.44g (0.89%), Sugar: 0.93g (1.03%), Cholesterol: 89.77mg (29.92%), Sodium: 662.03mg (28.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.58g (41.15%), Calcium: 615.88mg (61.59%), Phosphorus: 393.59mg (39.36%), Vitamin K: 34.2µg (32.57%), Selenium: 20.66µg (29.52%), Vitamin A: 1182.64IU (23.65%), Vitamin B2: 0.38mg (22.07%), Zinc: 3mg (20.01%), Vitamin C: 15.24mg (18.47%), Vitamin B12: 0.86µg (14.31%), Vitamin E: 1.24mg (8.26%), Magnesium: 24.62mg (6.16%), Vitamin B6: 0.1mg (5.25%), Folate: 19.14µg (4.78%), Vitamin D: 0.55µg (3.65%), Iron: 0.65mg (3.62%), Vitamin B5: 0.33mg (3.31%), Potassium: 102.95mg (2.94%), Copper: 0.04mg (2.15%), Manganese: 0.04mg (2.12%), Vitamin B1: 0.03mg (1.8%), Fiber: 0.39g (1.58%)