



Pimento Cheese Dip



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



6

CALORIES



279 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup cheddar grated
- ☐ 4 ounces cream cheese
- ☐ 6 servings kosher salt and pepper black freshly ground
- ☐ 0.3 cup mayonnaise
- ☐ 1 cup pepper jack grated
- ☐ 3 tablespoons pimentos

Equipment

- ☐ bowl

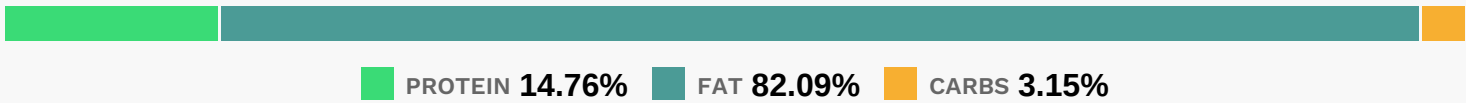
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hand mixer

Directions

- ☐ Watch how to make this recipe.
- ☐ Add the Cheddar and Pepper Jack to a bowl with the cream cheese.
- ☐ Add in the pimentos and salt and pepper to taste. Using a hand mixer, begin to blend together.
- ☐ Add in the mayonnaise and continue mixing until creamy.

Nutrition Facts



Properties

Glycemic Index:34.67, Glycemic Load:0.61, Inflammation Score:-5, Nutrition Score:6.9365216934163%

Nutrients (% of daily need)

Calories: 279.05kcal (13.95%), Fat: 25.62g (39.42%), Saturated Fat: 12.13g (75.8%), Carbohydrates: 2.22g (0.74%), Net Carbohydrates: 2.02g (0.73%), Sugar: 1.17g (1.3%), Cholesterol: 58.6mg (19.53%), Sodium: 356.08mg (15.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.37g (20.73%), Calcium: 293.7mg (29.37%), Phosphorus: 193.79mg (19.38%), Vitamin K: 17.46µg (16.63%), Vitamin A: 793.1IU (15.86%), Selenium: 9.92µg (14.17%), Vitamin B2: 0.21mg (12.2%), Vitamin C: 7.8mg (9.45%), Zinc: 1.38mg (9.22%), Vitamin B12: 0.41µg (6.81%), Vitamin E: 0.72mg (4.82%), Magnesium: 12.66mg (3.17%), Vitamin B6: 0.06mg (2.96%), Folate: 10.05µg (2.51%), Vitamin B5: 0.24mg (2.43%), Potassium: 72.37mg (2.07%), Iron: 0.37mg (2.06%), Vitamin D: 0.24µg (1.63%), Manganese: 0.03mg (1.32%), Copper: 0.02mg (1.16%), Vitamin B1: 0.02mg (1.02%)