



Pimento Cheese Spread

 Gluten Free

READY IN



5 min.

SERVINGS



4

CALORIES



510 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 1 pinch garlic powder
- ☐ 4 servings ground pepper black to taste
- ☐ 1 tablespoon mayonnaise
- ☐ 1 large onion grated
- ☐ 4 ounce pimento peppers chopped
- ☐ 1 pound cheddar cheese shredded
- ☐ 1 dash worcestershire sauce

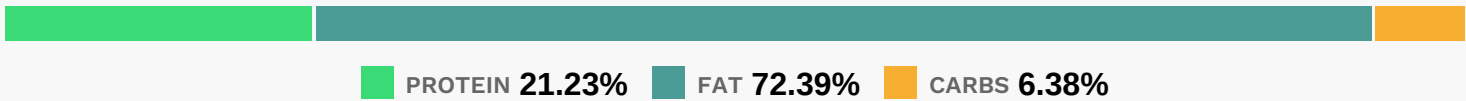
Equipment

☐ bowl

Directions

- ☐ In a medium bowl, mash the pimentos using a fork.
- ☐ Mix in cheese, onion, Worcestershire sauce, and mayonnaise. Season to taste with garlic powder and black pepper. Spoon mixture into a container large enough to hold the pimento spread, and store in the refrigerator.

Nutrition Facts



Properties

Glycemic Index:46.5, Glycemic Load:2.05, Inflammation Score:-8, Nutrition Score:18.461739089178%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.61mg, Quercetin: 7.61mg, Quercetin: 7.61mg

Nutrients (% of daily need)

Calories: 509.93kcal (25.5%), Fat: 41.32g (63.57%), Saturated Fat: 22.21g (138.84%), Carbohydrates: 8.19g (2.73%), Net Carbohydrates: 6.87g (2.5%), Sugar: 2.95g (3.28%), Cholesterol: 114.87mg (38.29%), Sodium: 773.45mg (33.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.27g (54.53%), Calcium: 813.34mg (81.33%), Phosphorus: 537.34mg (53.73%), Selenium: 32.43µg (46.33%), Vitamin C: 32.29mg (39.14%), Vitamin A: 1892.7IU (37.85%), Vitamin B2: 0.53mg (31.3%), Zinc: 4.3mg (28.66%), Vitamin B12: 1.21µg (20.1%), Vitamin K: 11.63µg (11.08%), Vitamin B6: 0.2mg (9.94%), Magnesium: 36.61mg (9.15%), Folate: 33.15µg (8.29%), Vitamin E: 1.21mg (8.08%), Potassium: 201.11mg (5.75%), Fiber: 1.32g (5.27%), Vitamin B5: 0.52mg (5.25%), Manganese: 0.1mg (4.95%), Iron: 0.88mg (4.87%), Vitamin D: 0.69µg (4.58%), Vitamin B1: 0.06mg (3.79%), Copper: 0.07mg (3.58%), Vitamin B3: 0.32mg (1.6%)