



## Pimento-Cheese Spread

 Gluten Free

READY IN



15 min.

SERVINGS



24

CALORIES



140 kcal

CONDIMENT

DIP

SPREAD

### Ingredients

- 16 oz cheese prepared
- 4 oz pimientos drained sliced
- 1 cup salad dressing
- 8 oz sharp cheddar cheese shredded finely

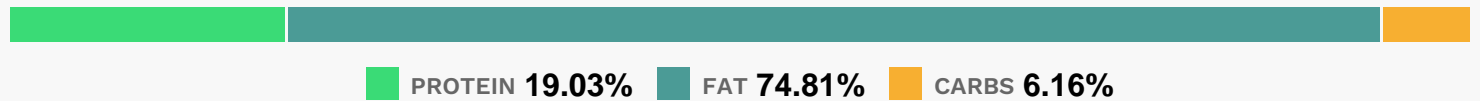
### Equipment

- bowl
- grater

## Directions

- Using grater with large holes, shred cheese product into large bowl. Stir in Cheddar cheese and pimientos.
- Add mayonnaise; stir and fold until mixture is creamy.
- Serve immediately, or refrigerate until serving time.
- Serve with crackers, cocktail bread slices, pretzels or cut-up fresh veggies.

## Nutrition Facts



## Properties

Glycemic Index:4.13, Glycemic Load:0.27, Inflammation Score:-3, Nutrition Score:4.398260894029%

## Nutrients (% of daily need)

Calories: 140.49kcal (7.02%), Fat: 11.72g (18.03%), Saturated Fat: 5.73g (35.84%), Carbohydrates: 2.17g (0.72%), Net Carbohydrates: 2.06g (0.75%), Sugar: 1.31g (1.45%), Cholesterol: 28.35mg (9.45%), Sodium: 283.44mg (12.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.71g (13.42%), Calcium: 202.03mg (20.2%), Phosphorus: 132.3mg (13.23%), Selenium: 8.23µg (11.75%), Vitamin A: 413.03IU (8.26%), Vitamin B2: 0.13mg (7.56%), Zinc: 1.06mg (7.05%), Vitamin K: 6.65µg (6.33%), Vitamin C: 4.95mg (6%), Vitamin B12: 0.3µg (5.01%), Vitamin E: 0.47mg (3.11%), Magnesium: 8.47mg (2.12%), Vitamin B6: 0.04mg (1.91%), Folate: 6.28µg (1.57%), Vitamin B5: 0.12mg (1.18%), Vitamin D: 0.17µg (1.13%), Potassium: 39.17mg (1.12%)