



WHATSheATE



Pimento-Cheese Spread



Gluten Free

READY IN



15 min.

SERVINGS



24

CALORIES



64 kcal

CONDIMENT

DIP

SPREAD

Ingredients



1 loaf cheese (16 oz. box)



8 oz sharp cheddar cheese shredded finely



4 oz pimientos drained sliced



1 cup salad dressing

Equipment



bowl

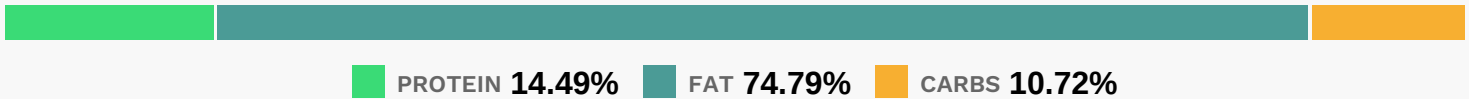


grater

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:0.15, Inflammation Score:-2, Nutrition Score:2.0765217555606%

Nutrients (% of daily need)

Calories: 63.55kcal (3.18%), Fat: 5.31g (8.17%), Saturated Fat: 2.11g (13.21%), Carbohydrates: 1.71g (0.57%), Net Carbohydrates: 1.6g (0.58%), Sugar: 1.25g (1.38%), Cholesterol: 9.49mg (3.16%), Sodium: 160.11mg (6.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.32g (4.63%), Calcium: 68.71mg (6.87%), Vitamin C: 4.95mg (6%), Vitamin K: 6.19µg (5.9%), Phosphorus: 45.93mg (4.59%), Vitamin A: 224.08IU (4.48%), Selenium: 2.89µg (4.13%), Vitamin B2: 0.05mg (2.67%), Zinc: 0.37mg (2.44%), Vitamin E: 0.33mg (2.17%), Vitamin B12: 0.1µg (1.68%), Vitamin B6: 0.03mg (1.26%)