



Pimento Cheese Spread II

 Vegetarian  Gluten Free

READY IN

ready

20 min.

SERVINGS

servings

4

CALORIES

calories

946 kcal

CONDIMENT DIP SPREAD

Ingredients

- ☐ 1 cup mayonnaise
- ☐ 0.5 cup pecans chopped
- ☐ 4 ounce pimento peppers with juice reserved chopped
- ☐ 4 servings salt and pepper black freshly ground to taste
- ☐ 1 pound sharp cheddar cheese shredded

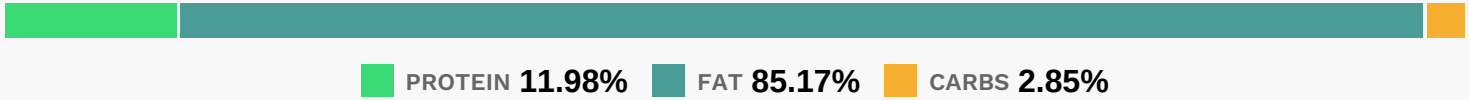
Equipment

- ☐ bowl

Directions

- ☐ In a medium bowl, stir together the chopped pimentos, their juice, and the mayonnaise.
- ☐ Add the cheese, and stir until thoroughly coated. Stir in the pecans and season with salt and pepper.
- ☐ Serve immediately, or refrigerate until serving.

Nutrition Facts



Properties

Glycemic Index:41, Glycemic Load:1.48, Inflammation Score:-8, Nutrition Score:25.261304243751%

Flavonoids

Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg

Nutrients (% of daily need)

Calories: 945.8kcal (47.29%), Fat: 90.36g (139.02%), Saturated Fat: 29.18g (182.4%), Carbohydrates: 6.81g (2.27%), Net Carbohydrates: 4.83g (1.76%), Sugar: 2.18g (2.42%), Cholesterol: 136.92mg (45.64%), Sodium: 1102.06mg (47.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.6g (57.2%), Vitamin K: 97.53µg (92.89%), Calcium: 818.17mg (81.82%), Phosphorus: 574.98mg (57.5%), Selenium: 33.96µg (48.51%), Vitamin A: 1933.51IU (38.67%), Vitamin C: 29.63mg (35.92%), Manganese: 0.67mg (33.36%), Zinc: 4.93mg (32.86%), Vitamin B2: 0.55mg (32.31%), Vitamin B12: 1.27µg (21.15%), Vitamin E: 3.12mg (20.78%), Magnesium: 49.82mg (12.45%), Copper: 0.23mg (11.5%), Vitamin B6: 0.19mg (9.31%), Vitamin B1: 0.13mg (8.96%), Fiber: 1.99g (7.94%), Folate: 31.61µg (7.9%), Iron: 1.24mg (6.87%), Vitamin B5: 0.69mg (6.86%), Potassium: 210.42mg (6.01%), Vitamin D: 0.79µg (5.28%), Vitamin B3: 0.43mg (2.16%)