



Pimento Cheese Spread With Feta

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



3

CALORIES



924 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 0.3 cup feta cheese crumbled
- 1.5 teaspoons garlic powder
- 3 servings pepper black to taste
- 0.5 cup mayonnaise
- 1.5 teaspoons onion powder
- 1 pound cheddar cheese shredded

Equipment

- bowl

Directions

- Stir together the Cheddar cheese, mayonnaise, feta cheese, pimentos, garlic powder, onion powder, salt, and pepper in a bowl; cover. Refrigerate at least 1 hour.

Nutrition Facts

PROTEIN 16.56% **FAT 80.64%** **CARBS 2.8%**

Properties

Glycemic Index:47, Glycemic Load:1.34, Inflammation Score:-8, Nutrition Score:23.741304524567%

Nutrients (% of daily need)

Calories: 923.54kcal (46.18%), Fat: 82.94g (127.6%), Saturated Fat: 35.62g (222.64%), Carbohydrates: 6.49g (2.16%), Net Carbohydrates: 6.18g (2.25%), Sugar: 0.82g (0.91%), Cholesterol: 181.71mg (60.57%), Sodium: 1417.55mg (61.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.32g (76.63%), Calcium: 1159.59mg (115.96%), Phosphorus: 766.08mg (76.61%), Selenium: 46.65µg (66.65%), Vitamin K: 64.99µg (61.9%), Vitamin B2: 0.82mg (48.1%), Zinc: 6.17mg (41.14%), Vitamin A: 1610.15IU (32.2%), Vitamin B12: 1.93µg (32.15%), Vitamin E: 2.4mg (16.02%), Magnesium: 46.82mg (11.7%), Vitamin B6: 0.21mg (10.51%), Folate: 40.31µg (10.08%), Vitamin B5: 0.87mg (8.7%), Vitamin D: 1.05µg (6.99%), Vitamin B1: 0.08mg (5.63%), Potassium: 163.3mg (4.67%), Copper: 0.08mg (3.88%), Manganese: 0.06mg (3.14%), Iron: 0.56mg (3.12%), Vitamin B3: 0.26mg (1.3%), Fiber: 0.31g (1.25%)