



Pimiento Cheese



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



209 kcal

CONDIMENT

DIP

SPREAD

Ingredients

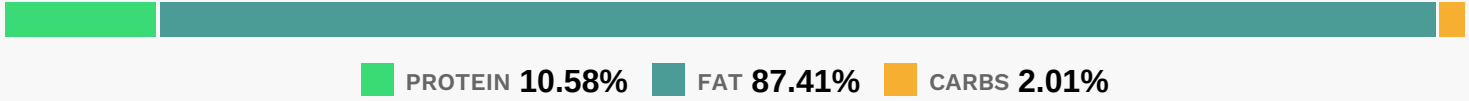
- ☐ 0.3 teaspoon ground pepper red
- ☐ 0.8 cup mayonnaise
- ☐ 1 teaspoon onion minced
- ☐ 2 oz pimiento diced drained ()
- ☐ 8 oz sharp cheddar cheese shredded

Equipment

Directions

☐ Stir together all ingredients until blended.

Nutrition Facts



Properties

Glycemic Index:18.1, Glycemic Load:0.31, Inflammation Score:-3, Nutrition Score:4.9199999752252%

Flavonoids

Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 208.6kcal (10.43%), Fat: 20.31g (31.24%), Saturated Fat: 6.32g (39.53%), Carbohydrates: 1.05g (0.35%), Net Carbohydrates: 0.9g (0.33%), Sugar: 0.37g (0.41%), Cholesterol: 29.74mg (9.91%), Sodium: 255.99mg (11.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.53g (11.06%), Vitamin K: 28.55µg (27.19%), Calcium: 162.21mg (16.22%), Phosphorus: 108.8mg (10.88%), Selenium: 6.82µg (9.74%), Vitamin A: 409.51IU (8.19%), Vitamin C: 5.95mg (7.21%), Vitamin B2: 0.11mg (6.34%), Zinc: 0.87mg (5.81%), Vitamin E: 0.78mg (5.22%), Vitamin B12: 0.26µg (4.34%), Magnesium: 6.78mg (1.7%), Vitamin B6: 0.03mg (1.67%), Folate: 6.09µg (1.52%), Vitamin B5: 0.12mg (1.23%), Vitamin D: 0.17µg (1.13%), Iron: 0.19mg (1.07%)