



Pimiento Cheese Dip

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



64

CALORIES



6 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 Dash hot sauce
- 3 tablespoons mayonnaise light
- 0.8 cup curd cottage cheese 1% low-fat
- 0.1 teaspoon pepper
- 2 ounce pimientos diced drained
- 1 ounce sharp cheddar cheese shredded reduced-fat
- 0.5 teaspoon citrus champagne vinegar

Equipment

food processor

blender

Directions

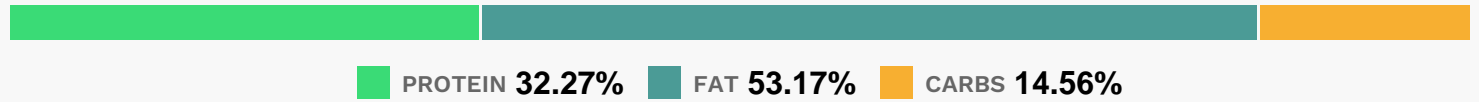
Combine first 5 ingredients in a blender or food processor; process until smooth. Cover and chill.

Stir in Cheddar cheese and pimiento.

Serve with fresh vegetables (vegetables not included in analysis).

carbo rating: 1

Nutrition Facts



Properties

Glycemic Index:1.63, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:0.26304347667357%

Nutrients (% of daily need)

Calories: 5.54kcal (0.28%), Fat: 0.33g (0.5%), Saturated Fat: 0.13g (0.78%), Carbohydrates: 0.2g (0.07%), Net Carbohydrates: 0.18g (0.07%), Sugar: 0.13g (0.14%), Cholesterol: 0.65mg (0.22%), Sodium: 19.27mg (0.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.45g (0.89%), Vitamin C: 0.92mg (1.12%)