



Pimiento Cheese Spread



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



1324 kcal

CONDIMENT

DIP

SPREAD

Ingredients

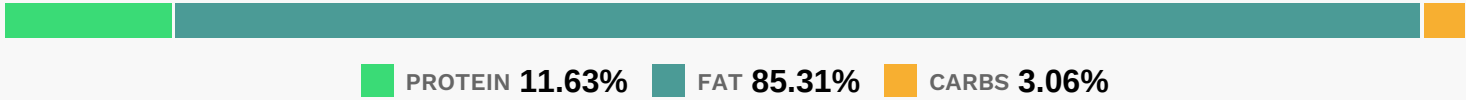
- ☐ 0.3 teaspoon hot sauce
- ☐ 1 cup mayonnaise
- ☐ 0.8 cup pecans toasted chopped
- ☐ 4 ounce pimientos diced undrained
- ☐ 0.1 teaspoon salt
- ☐ 16 ounce blocks sharp cheddar cheese shredded

Equipment

Directions

- ☐ Stir together all ingredients; cover and chill at least 2 hours.
- ☐ Serve with crackers or sliced fruit.

Nutrition Facts



Properties

Glycemic Index:44, Glycemic Load:2, Inflammation Score:-9, Nutrition Score:34.32956501712%

Flavonoids

Cyanidin: 2.93mg, Cyanidin: 2.93mg, Cyanidin: 2.93mg, Cyanidin: 2.93mg Delphinidin: 1.98mg, Delphinidin: 1.98mg, Delphinidin: 1.98mg, Delphinidin: 1.98mg Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg Epigallocatechin: 1.53mg, Epigallocatechin: 1.53mg, Epigallocatechin: 1.53mg, Epigallocatechin: 1.53mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Epigallocatechin 3-gallate: 0.63mg, Epigallocatechin 3-gallate: 0.63mg, Epigallocatechin 3-gallate: 0.63mg, Epigallocatechin 3-gallate: 0.63mg

Nutrients (% of daily need)

Calories: 1323.54kcal (66.18%), Fat: 127.02g (195.41%), Saturated Fat: 39.47g (246.69%), Carbohydrates: 10.27g (3.42%), Net Carbohydrates: 6.78g (2.47%), Sugar: 3.27g (3.63%), Cholesterol: 182.56mg (60.85%), Sodium: 1575.1mg (68.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.96g (77.91%), Vitamin K: 130.15µg (123.95%), Calcium: 1096.75mg (109.67%), Phosphorus: 791.62mg (79.16%), Selenium: 45.62µg (65.17%), Manganese: 1.28mg (64.09%), Vitamin A: 2582.9IU (51.66%), Vitamin C: 39.86mg (48.32%), Zinc: 6.98mg (46.55%), Vitamin B2: 0.74mg (43.78%), Vitamin E: 4.28mg (28.55%), Vitamin B12: 1.69µg (28.2%), Copper: 0.41mg (20.7%), Magnesium: 77.21mg (19.3%), Vitamin B1: 0.24mg (15.95%), Fiber: 3.49g (13.95%), Vitamin B6: 0.27mg (13.37%), Folate: 44.15µg (11.04%), Iron: 1.87mg (10.38%), Vitamin B5: 0.99mg (9.92%), Potassium: 316.53mg (9.04%), Vitamin D: 1.06µg (7.04%), Vitamin B3: 0.68mg (3.41%)