



Ricotta Pimiento Cheese

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



197 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 0.1 teaspoon ground pepper red
- 0.3 teaspoon pepper black
- 2 tablespoons mayonnaise
- 4 oz pepper jack cheese shredded
- 1 tablespoon pimientos diced drained
- 3 oz sharp cheddar cheese shredded
- 0.5 cup ricotta cheese
- 0.1 teaspoon salt

Equipment

bowl

Directions

Stir together pepper Jack cheese, Cheddar cheese, ricotta cheese, mayonnaise, pimiento, ground black pepper, salt, and ground red pepper in a small bowl. Store in refrigerator up to 3 days.

Nutrition Facts



PROTEIN 20.97% **FAT 76.27%** **CARBS 2.76%**

Properties

Glycemic Index:40, Glycemic Load:0.37, Inflammation Score:-3, Nutrition Score:5.5460869579212%

Nutrients (% of daily need)

Calories: 197.06kcal (9.85%), Fat: 16.74g (25.75%), Saturated Fat: 8.6g (53.72%), Carbohydrates: 1.36g (0.45%), Net Carbohydrates: 1.27g (0.46%), Sugar: 0.31g (0.35%), Cholesterol: 43.5mg (14.5%), Sodium: 302mg (13.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.35g (20.7%), Calcium: 285mg (28.5%), Phosphorus: 183.25mg (18.32%), Selenium: 9.87µg (14.1%), Vitamin B2: 0.18mg (10.57%), Vitamin A: 466.54IU (9.33%), Zinc: 1.34mg (8.95%), Vitamin K: 9.07µg (8.64%), Vitamin B12: 0.38µg (6.38%), Vitamin C: 2.63mg (3.19%), Magnesium: 11.63mg (2.91%), Vitamin E: 0.37mg (2.44%), Folate: 9.33µg (2.33%), Vitamin B6: 0.04mg (2.09%), Iron: 0.31mg (1.72%), Vitamin D: 0.25µg (1.66%), Potassium: 55.64mg (1.59%), Vitamin B5: 0.15mg (1.52%)