



WHATSheATE



Southern Pimento Cheese



Vegetarian



Gluten Free



Popular

READY IN



10 min.

SERVINGS



3

CALORIES



840 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 8 ounces cream cheese softened
- ☐ 0.3 teaspoon garlic powder
- ☐ 0.3 teaspoon ground pepper
- ☐ 1 jalapeno minced seeded
- ☐ 0.5 cup mayonnaise
- ☐ 0.3 teaspoon onion powder
- ☐ 4 ounce pimento diced drained
- ☐ 3 servings salt and pepper black to taste

☐ 2 cups cheddar cheese shredded extra-sharp

Equipment

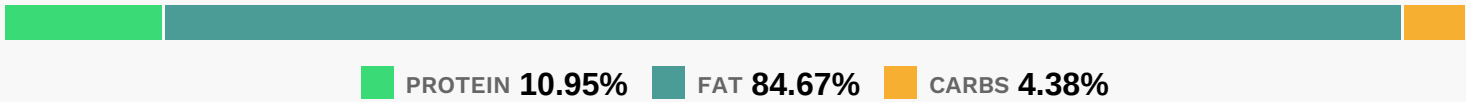
☐ bowl

☐ blender

Directions

☐ Place the Cheddar cheese, cream cheese, mayonnaise, garlic powder, cayenne pepper, onion powder, minced jalapeno, and pimento into the large bowl of a mixer. Beat at medium speed, with paddle if possible, until thoroughly combined. Season to taste with salt and black pepper.

Nutrition Facts



Properties

Glycemic Index:72.67, Glycemic Load:2.48, Inflammation Score:-9, Nutrition Score:21.118260839711%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 839.69kcal (41.98%), Fat: 79.73g (122.67%), Saturated Fat: 34.13g (213.34%), Carbohydrates: 9.29g (3.1%), Net Carbohydrates: 8.2g (2.98%), Sugar: 4.79g (5.32%), Cholesterol: 167.37mg (55.79%), Sodium: 1167.8mg (50.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.19g (46.38%), Vitamin K: 69.11µg (65.82%), Calcium: 613.33mg (61.33%), Vitamin A: 2917.63IU (58.35%), Vitamin C: 45.02mg (54.56%), Phosphorus: 444.97mg (44.5%), Selenium: 28.87µg (41.25%), Vitamin B2: 0.55mg (32.12%), Zinc: 3.31mg (22.07%), Vitamin E: 2.98mg (19.84%), Vitamin B12: 1.01µg (16.83%), Vitamin B6: 0.23mg (11.28%), Vitamin B5: 0.83mg (8.28%), Magnesium: 31.5mg (7.88%), Potassium: 257.81mg (7.37%), Folate: 28.8µg (7.2%), Iron: 1.11mg (6.15%), Fiber: 1.09g (4.37%), Vitamin B1: 0.06mg (3.68%), Copper: 0.07mg (3.67%), Vitamin D: 0.53µg (3.51%), Manganese: 0.07mg (3.31%), Vitamin B3: 0.47mg (2.35%)