



Southern Pimento Cheese

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



3

CALORIES



838 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 8 ounces cream cheese softened
- 0.3 teaspoon garlic powder
- 0.5 cup mayonnaise
- 0.3 teaspoon onion powder
- 4 ounce pimientos 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

PROTEIN 10.95% **FAT 84.85%** **CARBS 4.2%**

Properties

Glycemic Index:51.33, Glycemic Load:2.41, Inflammation Score:-9, Nutrition Score:20.399565458298%

Nutrients (% of daily need)

Calories: 837.8kcal (41.89%), Fat: 79.69g (122.6%), Saturated Fat: 34.12g (213.28%), Carbohydrates: 8.9g (2.97%), Net Carbohydrates: 7.98g (2.9%), Sugar: 4.58g (5.08%), Cholesterol: 167.37mg (55.79%), Sodium: 1167.61mg (50.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.13g (46.26%), Vitamin K: 68.11µg (64.87%), Calcium: 612.53mg (61.25%), Vitamin A: 2797.97IU (55.96%), Vitamin C: 39.35mg (47.7%), Phosphorus: 443.27mg (44.33%), Selenium: 28.84µg (41.2%), Vitamin B2: 0.54mg (31.84%), Zinc: 3.3mg (22%), Vitamin E: 2.76mg (18.4%), Vitamin B12: 1.01µg (16.83%), Vitamin B6: 0.2mg (10.1%), Vitamin B5: 0.81mg (8.13%), Magnesium: 30.55mg (7.64%), Potassium: 242.88mg (6.94%), Folate: 27.36µg (6.84%), Iron: 1.08mg (6.02%), Fiber: 0.92g (3.67%), Copper: 0.07mg (3.54%), Vitamin B1: 0.05mg (3.52%), Vitamin D: 0.53µg (3.51%), Manganese: 0.06mg (2.92%), Vitamin B3: 0.4mg (1.98%)