



Spicy Roasted Red Bell Pepper Pimiento Cheese

READY IN



25 min.

SERVINGS



25

CALORIES



251 kcal

CONDIMENT

DIP

SPREAD

Ingredients

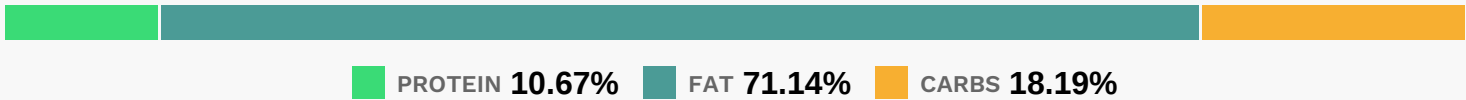
- ☐ 25 servings pepper black freshly ground to taste
- ☐ 2 teaspoons coarse-ground mustard
- ☐ 25 servings round buttery crackers assorted
- ☐ 0.5 teaspoon ground pepper red
- ☐ 1.3 cups mayonnaise
- ☐ 2 teaspoons onion finely grated
- ☐ 12 oz roasted bell peppers red drained chopped
- ☐ 20 oz blocks sharp cheddar cheese shredded white

Equipment

Directions

- ☐
- Stir together mayonnaise and next 4 ingredients until well blended; stir in cheese and black pepper to taste.
- ☐
- Serve with assorted crackers. Store in the refrigerator in an airtight container up to 4 days.

Nutrition Facts



Properties

Glycemic Index:6.72, Glycemic Load:0.2, Inflammation Score:-3, Nutrition Score:6.6991304107334%

Flavonoids

Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 251.12kcal (12.56%), Fat: 19.91g (30.63%), Saturated Fat: 6.55g (40.93%), Carbohydrates: 11.46g (3.82%), Net Carbohydrates: 10.87g (3.95%), Sugar: 1.46g (1.63%), Cholesterol: 27.38mg (9.13%), Sodium: 546.91mg (23.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.72g (13.43%), Vitamin K: 27.01µg (25.72%), Calcium: 192.42mg (19.24%), Phosphorus: 154.27mg (15.43%), Selenium: 7.79µg (11.14%), Vitamin B2: 0.15mg (8.8%), Vitamin C: 6.38mg (7.73%), Vitamin E: 1.12mg (7.45%), Zinc: 0.98mg (6.56%), Manganese: 0.13mg (6.45%), Vitamin A: 322.53IU (6.45%), Vitamin B1: 0.08mg (5.56%), Iron: 0.91mg (5.07%), Folate: 19.37µg (4.84%), Vitamin B3: 0.88mg (4.4%), Vitamin B12: 0.25µg (4.23%), Magnesium: 11.61mg (2.9%), Vitamin B6: 0.05mg (2.62%), Copper: 0.05mg (2.49%), Fiber: 0.59g (2.36%), Vitamin B5: 0.18mg (1.8%), Potassium: 62.16mg (1.78%), Vitamin D: 0.16µg (1.06%)