



White Cheddar-Chive Pimiento Cheese

 Gluten Free

READY IN



30 min.

SERVINGS



15

CALORIES



130 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 tablespoon dijon mustard
- ☐ 0.3 cup chives fresh thinly sliced
- ☐ 0.3 teaspoon ground pepper red
- ☐ 0.3 cup mayonnaise
- ☐ 4 oz pimientos diced drained and rinsed
- ☐ 12 oz block aged sharp cheddar cheese white
- ☐ 0.5 teaspoon worcestershire sauce

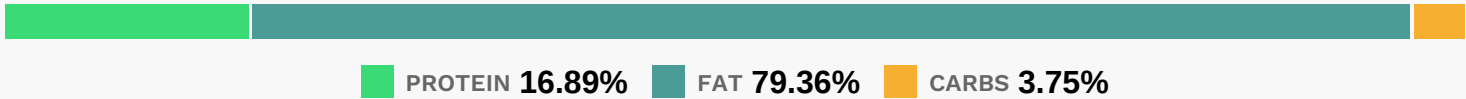
Equipment

☐ box grater

Directions

- ☐ Grate half of cheese using the large holes of a box grater; grate remaining half of cheese using the small holes of box grater. Stir together mayonnaise and next 6 ingredients. Stir in Cheddar cheese until well blended.
- ☐ Let stand 15 minutes.
- ☐ Serve immediately, or cover and chill up to 3 days.

Nutrition Facts



Properties

Glycemic Index:17.53, Glycemic Load:0.32, Inflammation Score:-4, Nutrition Score:4.3947826040828%

Flavonoids

Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 129.72kcal (6.49%), Fat: 11.51g (17.71%), Saturated Fat: 4.95g (30.92%), Carbohydrates: 1.22g (0.41%), Net Carbohydrates: 0.97g (0.35%), Sugar: 0.41g (0.45%), Cholesterol: 24.77mg (8.26%), Sodium: 194.86mg (8.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.51g (11.03%), Calcium: 163.13mg (16.31%), Vitamin K: 11.42µg (10.88%), Phosphorus: 108.37mg (10.84%), Vitamin C: 8.43mg (10.22%), Selenium: 6.9µg (9.86%), Vitamin A: 484.81IU (9.7%), Vitamin B2: 0.11mg (6.4%), Zinc: 0.87mg (5.8%), Vitamin B12: 0.25µg (4.11%), Vitamin E: 0.41mg (2.75%), Vitamin B6: 0.04mg (1.94%), Magnesium: 7.69mg (1.92%), Folate: 6.6µg (1.65%), Iron: 0.25mg (1.38%), Potassium: 39.89mg (1.14%), Manganese: 0.02mg (1.1%), Vitamin B5: 0.11mg (1.09%), Fiber: 0.26g (1.03%)