

CREAMY PIMENTO CHEESE DIP

Gluten Free, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 12 (Serving= 2 Tablespoons)

Nutrition (per serving)

Calories: 79

Total Fat: 6 g

Saturated Fat: 2 g

Sodium: 153 mg

Total Carbohydrate: 3 g

Dietary Fiber: 0 g

Protein: 3 g



Ingredients

- ½ cup light mayonnaise
- ½ cup light sour cream
- 1 (4-oz) jar diced pimentos, drained
- ¼ cup green onions, thinly sliced
- 2 teaspoons Lea & Perrins® Worcestershire sauce
- ¾ teaspoon garlic powder
- ¼ teaspoon cayenne pepper
- 1 cup reduced-fat shredded cheddar cheese
- Paprika for garnish

Directions

1. Stir together all ingredients.
2. Once dip is placed in serving bowl, garnish with paprika.
3. Serve with sliced cucumbers, carrots, bell peppers, celery or any other of your favorite veggies!



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