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Mixed Cheese Mayo and Red Onion

A delicious and savory recipe featuring mixed cheese, mayo, and red onion. Perfect for any occasion!

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 10 mins

Total Time: 25 mins

Recipe Yield: 500 grams

Number of Servings: 5

Serving Size: 100 g

Ingredients

200 g	mixed cheese
100 g	mayo
50 g	red onion

Directions

Step 1

Grating

Grate the mixed cheese.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cutting

Chop the red onion into small pieces.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Mixing

In a mixing bowl, combine the grated mixed cheese, mayo, and chopped red onion.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Refrigerating

Refrigerate the mixture for at least 1 hour before serving.

Prep Time: 0 mins

Cook Time: 60 mins

Nutrition Facts

Calories: 300 kcal

Fat: 25 g

Protein: 15 g

Carbohydrates: 5 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	15 g	88.24%	88.24%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	5 g	9.09%	10%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Fibers	1 g	2.63%	4%
Sugars	2 g	N/A	N/A
Lactose	10 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	10 g	N/A	N/A
Saturated Fat	15 g	68.18%	88.24%
Fat	25 g	89.29%	100%
Cholesterol	50 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	100 iu	11.11%	14.29%
Vitamin C	10 mg	11.11%	13.33%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	2 mcg	13.33%	13.33%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	300 mg	13.04%	13.04%
Calcium	20 mg	2%	2%
Iron	2 mg	25%	11.11%
Potassium	100 mg	2.94%	3.85%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Nutritional Content

Low Calorie

Cuisines

Italian

Diet

Anti-Inflammatory Diet

Course

Appetizers

Main Dishes

Desserts

Sauces & Dressings

Cultural

Chinese New Year

Cinco de Mayo

Diwali

Hanukkah

Oktoberfest

Passover

Ramadan

St. Patrick's Day

Thanksgiving

Christmas

Meal Type

Brunch

Supper

Difficulty Level

Medium

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