



Basic Pimento Sandwich

 Vegetarian

READY IN



5 min.

SERVINGS



8

CALORIES



420 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

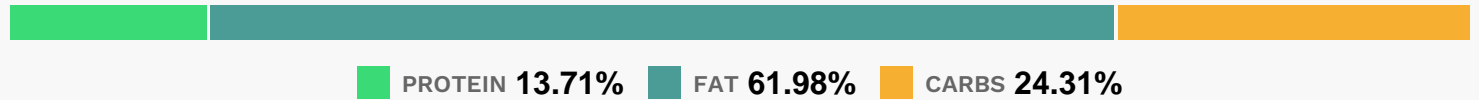
- 0.3 teaspoon ground chipotle dried
- 0.5 teaspoon kosher salt as needed
- 0.8 cup dukes mayonnaise
- 2 ounce neufchâtel cheese room temperature
- 0.5 cup roasted peppers diced red
- 1.3 teaspoon lawry's seasoned salt
- 8 ounce sharp cheddar cheese white grated
- 16 slices wheat bread

Equipment

Directions

- Mix the first five ingredients together and then add in the shredded cheese. Taste and add salt as needed for seasoning. Chill for one hour.
- Serve on wheat bread with the crusts cut off.

Nutrition Facts



Properties

Glycemic Index:21.71, Glycemic Load:14.8, Inflammation Score:-5, Nutrition Score:15.023478202198%

Nutrients (% of daily need)

Calories: 420.39kcal (21.02%), Fat: 28.98g (44.59%), Saturated Fat: 9.22g (57.64%), Carbohydrates: 25.57g (8.52%), Net Carbohydrates: 22.09g (8.03%), Sugar: 2.91g (3.24%), Cholesterol: 42.41mg (14.14%), Sodium: 1223.94mg (53.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.42g (28.84%), Manganese: 1.22mg (60.85%), Vitamin K: 39.46µg (37.59%), Selenium: 23.21µg (33.15%), Calcium: 305.79mg (30.58%), Phosphorus: 264.69mg (26.47%), Vitamin B1: 0.23mg (15.55%), Zinc: 2.14mg (14.24%), Fiber: 3.49g (13.95%), Vitamin B2: 0.24mg (13.89%), Magnesium: 52.76mg (13.19%), Vitamin B3: 2.57mg (12.83%), Iron: 1.62mg (8.99%), Vitamin A: 423.03IU (8.46%), Vitamin E: 1.26mg (8.37%), Folate: 32.93µg (8.23%), Vitamin B6: 0.16mg (8.1%), Copper: 0.15mg (7.71%), Vitamin B5: 0.58mg (5.82%), Vitamin B12: 0.35µg (5.78%), Potassium: 190.9mg (5.45%), Vitamin C: 4.07mg (4.93%), Vitamin D: 0.21µg (1.41%)