



 **23%**  
HEALTH SCORE

## Cracker Spoons with Creamy Pimiento Cheese

READY IN



80 min.

SERVINGS



1

CALORIES



1846 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 egg whites beaten
- 1 serving pimientos fresh diced chopped
- 1 serving creamy pimiento cheese
- 14.1 oz pie crust dough refrigerated
- 0.8 teaspoon lawry's seasoned salt

### Equipment

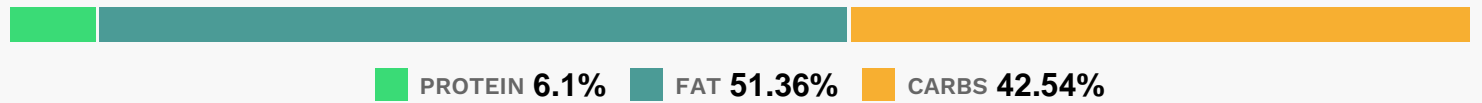
- baking sheet
- baking paper

- oven
- wire rack

## Directions

- Preheat oven to 40
- Unroll piecrusts; brush with egg white, and sprinkle with seasoned salt (about 1/4 tsp. per crust).
- Cut dough into shapes using a 4 1/2- or 5-inch teaspoon-shaped cutter.
- Place cutouts 1 inch apart on parchment paper-lined baking sheets.
- Bake, in batches, at 400 for 9 to 11 minutes or until lightly browned and crisp.
- Remove from baking sheets to a wire rack, and cool completely (about 20 minutes). Store in an airtight container 1 day, or freeze up to 2 weeks.
- Spoon Creamy Pimiento Cheese into a zip-top plastic freezer bag. (Do not seal.) Snip 1 corner of bag to make a small hole. Pipe pimiento cheese onto end of each spoon.

## Nutrition Facts



## Properties

Glycemic Index:45, Glycemic Load:0.02, Inflammation Score:-7, Nutrition Score:27.686521452406%

## Nutrients (% of daily need)

Calories: 1845.73kcal (92.29%), Fat: 104.5g (160.77%), Saturated Fat: 32.71g (204.41%), Carbohydrates: 194.76g (64.92%), Net Carbohydrates: 184.74g (67.18%), Sugar: 0.34g (0.37%), Cholesterol: 0.55mg (0.18%), Sodium: 3439.33mg (149.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.91g (55.81%), Manganese: 1.78mg (88.78%), Vitamin B1: 1.1mg (73.38%), Folate: 281.08µg (70.27%), Iron: 10.45mg (58.07%), Vitamin B3: 10.83mg (54.16%), Vitamin B2: 0.81mg (47.76%), Selenium: 28.79µg (41.13%), Fiber: 10.02g (40.06%), Phosphorus: 292.51mg (29.25%), Vitamin K: 29.28µg (27.89%), Vitamin B5: 1.68mg (16.76%), Magnesium: 63.37mg (15.84%), Copper: 0.31mg (15.43%), Potassium: 438.93mg (12.54%), Vitamin E: 1.85mg (12.31%), Zinc: 1.81mg (12.1%), Vitamin B6: 0.2mg (10.2%), Calcium: 82.83mg (8.28%), Vitamin C: 1.11mg (1.34%)