



Creepy Canapés

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



212 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon cayenne pepper
- ☐ 1 clove garlic chopped
- ☐ 0.3 cup mayonnaise
- ☐ 0.3 cup pimientos diced jarred drained
- ☐ 10 slices pumpernickel bread cut into 2 coffin or cat shapes
- ☐ 2 cups sharp orange cheddar grated

Equipment

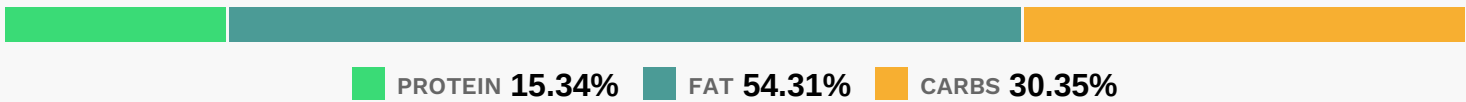
- ☐ baking sheet

- ☐ oven
- ☐ baking pan
- ☐ broiler

Directions

- ☐ Preheat oven to 350F.
- ☐ Place bread shapes on 2 large baking sheets and bake until toasted, 6 minutes.
- ☐ Preheat broiler to high and place a rack 2 inches from heat source.
- ☐ Combine cheese, mayonnaise, pimientos, garlic and cayenne. (
- ☐ Mixture can be made 1 day ahead. Cover and chill.)
- ☐ Spoon cheese mixture into a small baking dish and broil until mixture is bubbly and top is lightly browned, about 2 minutes.

Nutrition Facts



Properties

Glycemic Index:24, Glycemic Load:7.63, Inflammation Score:-4, Nutrition Score:8.1030435769454%

Flavonoids

Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 212.24kcal (10.61%), Fat: 12.89g (19.83%), Saturated Fat: 5.14g (32.12%), Carbohydrates: 16.21g (5.4%), Net Carbohydrates: 14g (5.09%), Sugar: 0.44g (0.49%), Cholesterol: 24.95mg (8.32%), Sodium: 374.97mg (16.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.19g (16.39%), Manganese: 0.43mg (21.53%), Selenium: 14.42µg (20.6%), Calcium: 182.94mg (18.29%), Phosphorus: 163.26mg (16.33%), Vitamin B2: 0.2mg (11.92%), Vitamin K: 10.46µg (9.96%), Zinc: 1.33mg (8.85%), Fiber: 2.21g (8.84%), Folate: 35.18µg (8.8%), Vitamin B1: 0.11mg (7.57%), Vitamin A: 378.36IU (7.57%), Vitamin C: 5.12mg (6.21%), Magnesium: 23.92mg (5.98%), Iron: 1.07mg (5.97%), Vitamin B3: 1.04mg (5.22%), Copper: 0.1mg (5.22%), Vitamin B12: 0.25µg (4.1%), Vitamin B6: 0.07mg (3.7%), Vitamin E: 0.54mg (3.62%), Potassium: 96.56mg (2.76%), Vitamin B5: 0.23mg (2.35%)