



Green Chile-Pimiento Cheese

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



723 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 4.5 ounce chiles green chopped canned
- ☐ 1 medium poblano chile pepper minced seeded
- ☐ 16 ounce blocks extra sharp cheddar cheese shredded
- ☐ 1 cup mayonnaise
- ☐ 8 ounce block monterey jack cheese shredded with peppers,
- ☐ 4 ounce pimientos diced drained
- ☐ 0.3 small onion sweet minced
- ☐ 2 teaspoons worcestershire sauce

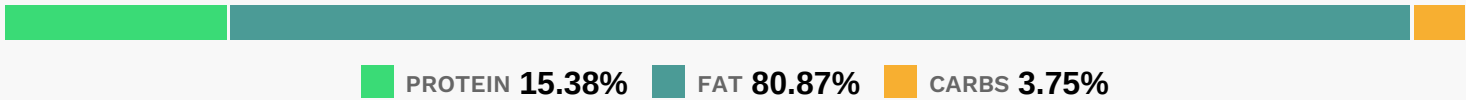
Equipment

☐ bowl

Directions

- ☐ Stir together all ingredients in a large bowl.
- ☐ Spread 1/2 cup cheese mixture on 6 to 8 whole grain bread slices; top with bread slices. Trim crusts, and cut sandwiches lengthwise into thirds. Reserve remaining cheese for other uses.

Nutrition Facts



Properties

Glycemic Index:26.5, Glycemic Load:1.07, Inflammation Score:-8, Nutrition Score:21.403478363286%

Flavonoids

Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg

Nutrients (% of daily need)

Calories: 722.98kcal (36.15%), Fat: 65.25g (100.39%), Saturated Fat: 26.13g (163.32%), Carbohydrates: 6.82g (2.27%), Net Carbohydrates: 5.56g (2.02%), Sugar: 2.65g (2.94%), Cholesterol: 124.92mg (41.64%), Sodium: 1073.6mg (46.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.92g (55.85%), Calcium: 835.31mg (83.53%), Vitamin K: 67.07µg (63.88%), Phosphorus: 537.11mg (53.71%), Vitamin C: 43.8mg (53.09%), Selenium: 27.91µg (39.88%), Vitamin A: 1676.12IU (33.52%), Vitamin B2: 0.52mg (30.53%), Zinc: 4.07mg (27.16%), Vitamin B12: 1.16µg (19.33%), Vitamin E: 2.13mg (14.18%), Vitamin B6: 0.22mg (11.13%), Folate: 42.67µg (10.67%), Magnesium: 36.65mg (9.16%), Iron: 1.35mg (7.52%), Potassium: 223.92mg (6.4%), Vitamin B5: 0.51mg (5.09%), Vitamin D: 0.76µg (5.03%), Fiber: 1.26g (5.03%), Copper: 0.08mg (4.01%), Vitamin B1: 0.06mg (3.72%), Manganese: 0.07mg (3.32%), Vitamin B3: 0.48mg (2.39%)