



Grilled Pimento Cheese Sandwich

 Vegetarian

READY IN



207 min.

SERVINGS



6

CALORIES



401 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 12 slices bread lightly toasted
- 1 pinch ground pepper
- 6 servings kosher salt black
- 0.5 cup mayonnaise plus more for grilling
- 4 ounce pimientos drained chopped
- 1.5 cup sharp cheddar cheese shredded

Equipment

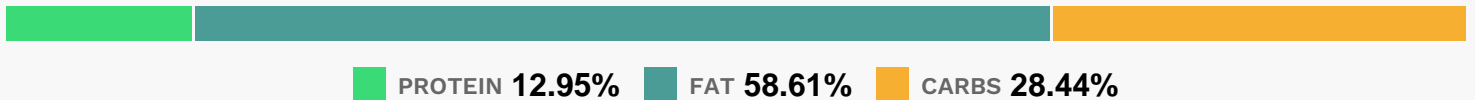
- food processor

frying pan

Directions

- Pulse the cheese, mayo, pimentos and cayenne in the food processor until just combined. Season with salt and pepper. Cover and chill for at least 3 hours.
- Spread some additional mayo on 1 side of each slice of toasted bread. Arrange 6 slices, mayo-side down, on a clean work surface.
- Place 2 heaping tablespoons pimento cheese evenly on the 6 slices of bread and top with the remaining 6 slices of bread, mayo-side facing up.
- In a large nonstick skillet over moderate heat, cook 3 sandwiches until the bread is golden brown and the cheese is starting to melt, about 3 minutes. Turn the sandwiches over and cook until golden brown, about 3 minutes more. Wipe the pan clean and repeat with the remaining 3 sandwiches.
- What To Toss In: If you like your pimento really spicy, you can always add some chipotle in adobe sauce to give it a smoky flavor. This can also be used as an entertaining dip. Just arrange some baby carrots and cut up some celery sticks around the cheese. People will flock to it.

Nutrition Facts



Properties

Glycemic Index:35.44, Glycemic Load:14.87, Inflammation Score:-7, Nutrition Score:14.584347968516%

Nutrients (% of daily need)

Calories: 400.98kcal (20.05%), Fat: 26.18g (40.27%), Saturated Fat: 8.01g (50.06%), Carbohydrates: 28.58g (9.53%), Net Carbohydrates: 25.91g (9.42%), Sugar: 4.04g (4.49%), Cholesterol: 36.09mg (12.03%), Sodium: 765.18mg (33.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.01g (26.02%), Selenium: 24.59µg (35.13%), Manganese: 0.69mg (34.49%), Vitamin K: 35.79µg (34.09%), Calcium: 272.69mg (27.27%), Vitamin C: 19.78mg (23.98%), Phosphorus: 209.56mg (20.96%), Vitamin B2: 0.28mg (16.66%), Vitamin B3: 3.29mg (16.44%), Vitamin B1: 0.24mg (16.28%), Vitamin A: 805.04IU (16.1%), Folate: 55.81µg (13.95%), Iron: 2.49mg (13.85%), Zinc: 1.69mg (11.28%), Fiber: 2.68g (10.72%), Magnesium: 32.13mg (8.03%), Vitamin E: 1.09mg (7.3%), Vitamin B6: 0.13mg (6.66%), Vitamin B5: 0.61mg (6.1%), Copper: 0.11mg (5.37%), Vitamin B12: 0.32µg (5.36%), Potassium: 141.3mg (4.04%), Vitamin D: 0.21µg (1.38%)