



Grilled Pimiento Cheese

READY IN



31 min.

SERVINGS



4

CALORIES



723 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.1 teaspoon cajun spice
- ☐ 10 oz block cheddar cheese shredded
- ☐ 1 pinch sea salt
- ☐ 0.1 teaspoon ground pepper black
- ☐ 0.3 teaspoon hot sauce
- ☐ 0.8 cup mayonnaise divided
- ☐ 8 slices grain bread whole white
- ☐ 2 oz pimientos diced drained
- ☐ 0.5 teaspoon worcestershire sauce

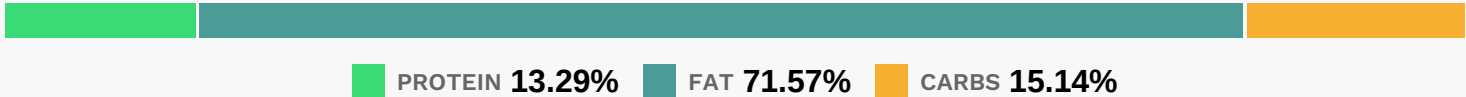
Equipment

- ☐ frying pan
- ☐ wax paper

Directions

- ☐ Stir together 1/2 cup mayonnaise and next 6 ingredients; gently stir in cheese. Cover and chill up to 3 days, if desired.
- ☐ Spread remaining 1/4 cup mayonnaise evenly on 1 side of each bread slice.
- ☐ Place 4 bread slices, mayonnaise sides down, on wax paper.
- ☐ Spread cheese mixture evenly on top of 4 bread slices on wax paper; top with remaining bread slices, mayonnaise sides up.
- ☐ Cook sandwiches, in batches, on a hot griddle or in a large nonstick skillet over medium heat 3 minutes on each side or until golden brown and cheese melts.
- ☐ Note: For testing purposes only, we used Sara Lee Whole Grain White Bread.

Nutrition Facts



Properties

Glycemic Index:60.92, Glycemic Load:15.34, Inflammation Score:-7, Nutrition Score:23.036521403686%

Nutrients (% of daily need)

Calories: 722.74kcal (36.14%), Fat: 57.57g (88.56%), Saturated Fat: 18.94g (118.39%), Carbohydrates: 27.39g (9.13%), Net Carbohydrates: 23.65g (8.6%), Sugar: 3.5g (3.89%), Cholesterol: 88.51mg (29.5%), Sodium: 1001.19mg (43.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.05g (48.11%), Vitamin K: 76.14µg (72.52%), Manganese: 1.23mg (61.51%), Calcium: 598.15mg (59.82%), Selenium: 35.57µg (50.81%), Phosphorus: 456.93mg (45.69%), Vitamin B2: 0.43mg (25.07%), Zinc: 3.69mg (24.63%), Vitamin A: 1147.6IU (22.95%), Vitamin C: 15.03mg (18.22%), Vitamin B1: 0.25mg (16.58%), Magnesium: 64.19mg (16.05%), Vitamin E: 2.35mg (15.68%), Fiber: 3.75g (14.99%), Vitamin B12: 0.8µg (13.36%), Vitamin B3: 2.64mg (13.2%), Iron: 2mg (11.12%), Vitamin B6: 0.22mg (10.83%), Folate: 41.73µg (10.43%), Copper: 0.17mg (8.53%), Vitamin B5: 0.76mg (7.55%), Potassium: 241.93mg (6.91%), Vitamin D: 0.51µg (3.39%)