



Grilled Pimiento Cheese Sandwiches

READY IN



45 min.

SERVINGS



11

CALORIES



343 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup mayonnaise
- 11 servings mayonnaise
- 1 teaspoon onion finely grated
- 4 oz pimientos diced drained
- 16 oz blocks sharp cheddar cheese shredded
- 1 slices bread white
- 1 teaspoon worcestershire sauce

Equipment

frying pan

Directions

- Stir together 1 cup mayonnaise, diced pimiento, Worcestershire sauce, and onion. Stir in shredded sharp Cheddar cheese. (Store in an airtight container in refrigerator up to 1 week, if desired.)
- Spread 1/4 cup pimiento cheese mixture on 1 side of a white bread slice; top with another bread slice. Lightly spread both sides of sandwich with mayonnaise. Repeat with remaining pimiento cheese mixture for desired number of sandwiches. Cook, in batches, on a hot griddle or large nonstick skillet over medium heat 4 to 5 minutes on each side or until golden brown and cheese melts.

Nutrition Facts

 **PROTEIN 11.85%**  **FAT 84.63%**  **CARBS 3.52%**

Properties

Glycemic Index:24.89, Glycemic Load:1.32, Inflammation Score:-5, Nutrition Score:8.6178260264189%

Flavonoids

Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 343.43kcal (17.17%), Fat: 32.36g (49.79%), Saturated Fat: 10.79g (67.45%), Carbohydrates: 3.03g (1.01%), Net Carbohydrates: 2.74g (0.99%), Sugar: 0.8g (0.89%), Cholesterol: 51.47mg (17.16%), Sodium: 444.08mg (19.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.2g (20.39%), Vitamin K: 41.76µg (39.78%), Calcium: 299.63mg (29.96%), Phosphorus: 199.09mg (19.91%), Selenium: 12.78µg (18.26%), Vitamin A: 703.18IU (14.06%), Vitamin C: 10.81mg (13.1%), Vitamin B2: 0.2mg (11.78%), Zinc: 1.6mg (10.63%), Vitamin E: 1.2mg (8%), Vitamin B12: 0.47µg (7.77%), Folate: 13.2µg (3.3%), Magnesium: 12.8mg (3.2%), Vitamin B6: 0.06mg (2.99%), Iron: 0.44mg (2.42%), Vitamin B5: 0.23mg (2.26%), Vitamin D: 0.3µg (1.97%), Vitamin B1: 0.03mg (1.9%), Potassium: 63.81mg (1.82%), Manganese: 0.03mg (1.45%), Copper: 0.03mg (1.42%), Fiber: 0.29g (1.17%), Vitamin B3: 0.21mg (1.06%)