



## Pimento Cheese Sandwiches

READY IN



10 min.

SERVINGS



8

CALORIES



351 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1.5 cups canola oil
- 0.3 teaspoon cayenne pepper
- 1 Dash cayenne pepper
- 2 cups colby cheese grated
- 1 teaspoon mustard dry
- 3 large egg yolks
- 1 teaspoon juice of lemon fresh
- 0.3 teaspoon pepper sauce hot
- 4 ounce pimentos drained chopped

- 8 servings pumpernickel bread
- 0.5 teaspoon sage finely chopped
- 1 teaspoon salt
- 8 servings salt and pepper black freshly ground
- 2 cups sharp cheddar cheese grated
- 1 teaspoon sugar
- 1 teaspoon vinegar white
- 0.5 teaspoon worcestershire sauce

## Equipment

- food processor
- bowl
- blender
- spatula

## Directions

- Watch how to make this recipe.
- In a medium bowl, combine the mayonnaise, sage, lemon juice, mustard, cayenne, and Worcestershire sauce with a rubber spatula.
- Add the two cheeses and pimientos, blending thoroughly to combine. Season with salt, pepper, and hot sauce. Refrigerate until ready to use.
- Spread between 2 slices of bread.
- In a food processor fitted with the metal blade, a blender, or the jar of mayonnaise maker, combine the yolks, lemon juice, vinegar, mustard, salt, sugar, and cayenne. Pulse several times to blend.
- With the processor running at high speed, or while quickly dashing the plunger of a mayonnaise maker, very slowly drizzle in the oil, allowing it to fully integrate as added until all the oil has been incorporated.

## Nutrition Facts



■ PROTEIN 17.91% ■ FAT 77.64% ■ CARBS 4.45%

## Properties

Glycemic Index:43.01, Glycemic Load:1.04, Inflammation Score:-6, Nutrition Score:11.745217380316%

## Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

## Nutrients (% of daily need)

Calories: 350.95kcal (17.55%), Fat: 30.49g (46.9%), Saturated Fat: 13.34g (83.39%), Carbohydrates: 3.94g (1.31%), Net Carbohydrates: 3.46g (1.26%), Sugar: 1.36g (1.51%), Cholesterol: 128.45mg (42.82%), Sodium: 694.47mg (30.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.82g (31.64%), Calcium: 438.38mg (43.84%), Phosphorus: 312.62mg (31.26%), Selenium: 17.16µg (24.52%), Vitamin A: 1111.72IU (22.23%), Copper: 0.42mg (21.14%), Vitamin C: 15.2mg (18.43%), Vitamin B2: 0.3mg (17.52%), Zinc: 2.27mg (15.11%), Vitamin E: 2.1mg (14%), Vitamin B12: 0.7µg (11.63%), Vitamin K: 9.3µg (8.86%), Folate: 23.77µg (5.94%), Vitamin B6: 0.11mg (5.5%), Magnesium: 19.59mg (4.9%), Iron: 0.87mg (4.82%), Vitamin D: 0.71µg (4.74%), Vitamin B5: 0.39mg (3.86%), Manganese: 0.07mg (3.52%), Potassium: 109.17mg (3.12%), Vitamin B1: 0.03mg (2.25%), Fiber: 0.48g (1.91%), Vitamin B3: 0.21mg (1.04%)