



Pimento Cheese Toast

 Vegetarian

READY IN



45 min.

SERVINGS



15

CALORIES



110 kcal

Ingredients

- ☐ 0.5 teaspoon chipotle powder
- ☐ 1 tablespoon dijon mustard
- ☐ 2 leeks light white green halved lengthwise cut into 1/2-inch lengths
- ☐ 1 tablespoon mayonnaise
- ☐ 4 slices grain bread
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 2 tablespoons parmigiano-reggiano grated
- ☐ 4 oz pimentos drained sliced
- ☐ 15 servings salt and pepper

- ☐ 1.5 cups sharp cheddar shredded yellow
- ☐ 4 teaspoons butter unsalted softened

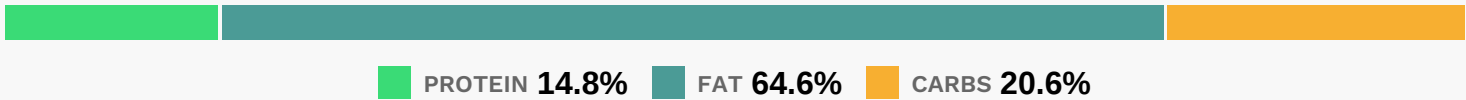
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ broiler

Directions

- ☐ Warm oil in a large broilerproof skillet over medium heat.
- ☐ Add leeks, salt and pepper; toss to coat. Cover and cook, stirring often, until softened, about 10 minutes. Uncover and cook, stirring occasionally, until tender and glossy, 10 minutes longer.
- ☐ Transfer to a plate; let cool slightly. Rinse and dry skillet.
- ☐ Preheat broiler. In a bowl, combine mayonnaise, mustard and chipotle. Stir in Cheddar, pimentos and leeks.
- ☐ Spread 1 tsp. butter on 1 side of each bread slice.
- ☐ Sprinkle with Parmigiano-Reggiano; press to adhere. Flip bread; spread with pimento cheese.
- ☐ Place sandwiches in skillet, pimento cheese--side up. Cook over medium heat until bottom is golden, 2 to 3 minutes.
- ☐ Transfer skillet to oven. Broil until bubbling and browning in spots, about 2 minutes.
- ☐ Serve.

Nutrition Facts



Properties

Glycemic Index:18.85, Glycemic Load:2.62, Inflammation Score:-4, Nutrition Score:4.9956521987915%

Flavonoids

Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 110.24kcal (5.51%), Fat: 8.03g (12.36%), Saturated Fat: 3.4g (21.24%), Carbohydrates: 5.76g (1.92%), Net Carbohydrates: 4.86g (1.77%), Sugar: 1.11g (1.23%), Cholesterol: 15.01mg (5%), Sodium: 333.83mg (14.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.14g (8.28%), Manganese: 0.23mg (11.53%), Vitamin A: 571.59IU (11.43%), Vitamin C: 9.29mg (11.26%), Calcium: 108.87mg (10.89%), Vitamin K: 10.04µg (9.56%), Selenium: 5.8µg (8.28%), Phosphorus: 79.75mg (7.97%), Vitamin B2: 0.08mg (4.44%), Vitamin E: 0.66mg (4.39%), Zinc: 0.61mg (4.06%), Vitamin B6: 0.07mg (3.71%), Iron: 0.66mg (3.67%), Fiber: 0.9g (3.61%), Folate: 13.85µg (3.46%), Magnesium: 13.57mg (3.39%), Vitamin B1: 0.04mg (2.91%), Vitamin B3: 0.46mg (2.28%), Vitamin B12: 0.13µg (2.19%), Copper: 0.04mg (2.08%), Potassium: 67.3mg (1.92%), Vitamin B5: 0.12mg (1.25%)