



Pimento Cheese Toasts

 Vegetarian

READY IN



25 min.

SERVINGS



36

CALORIES



101 kcal

Ingredients

- ☐ 1 crusty baguette
- ☐ 0.1 teaspoon ground pepper
- ☐ 4 cups sharp cheddar cheese extra-sharp grated
- ☐ 0.8 cup mayonnaise
- ☐ 0.3 cup roasted peppers diced red dry finely (rinse and pat first)

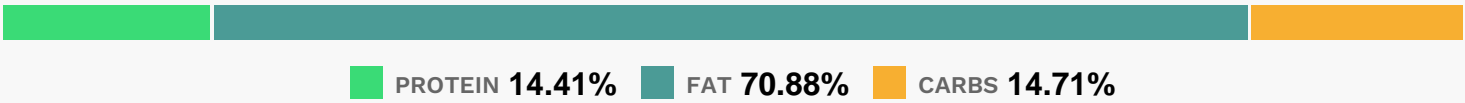
Equipment

- ☐ broiler

Directions

- ☐ Preheat broiler.
- ☐ Stir together all ingredients, except baguette, plus 1/8 teaspoon pepper and salt to taste.
- ☐ Slice baguette crosswise 1/3 inch thick and spread bread thickly with cheese mixture. Broil 5 to 6 inches from heat until cheese is bubbling and browned, about 2 minutes.
- ☐ ·Scott Peacock recommends using half white Cheddar and half orange Cheddar.·Cheese spread can be made 3 days ahead and chilled, covered.

Nutrition Facts



Properties

Glycemic Index:5.02, Glycemic Load:2.39, Inflammation Score:-1, Nutrition Score:2.7234782602476%

Nutrients (% of daily need)

Calories: 101.14kcal (5.06%), Fat: 7.95g (12.24%), Saturated Fat: 3g (18.72%), Carbohydrates: 3.72g (1.24%), Net Carbohydrates: 3.56g (1.29%), Sugar: 0.39g (0.44%), Cholesterol: 14.52mg (4.84%), Sodium: 167.98mg (7.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.64g (7.28%), Calcium: 96.84mg (9.68%), Vitamin K: 8.12µg (7.74%), Selenium: 4.86µg (6.94%), Phosphorus: 65.3mg (6.53%), Vitamin B2: 0.08mg (4.64%), Zinc: 0.52mg (3.5%), Vitamin B1: 0.04mg (2.99%), Vitamin A: 136.79IU (2.74%), Folate: 10.46µg (2.62%), Vitamin B12: 0.14µg (2.31%), Vitamin E: 0.27mg (1.8%), Manganese: 0.04mg (1.77%), Vitamin B3: 0.33mg (1.64%), Iron: 0.28mg (1.54%), Magnesium: 5.36mg (1.34%)