



Pimiento Cheese Canapés

READY IN



45 min.

SERVINGS



14

CALORIES



53 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 2 tablespoons cream cheese fat-free block-style softened
- 1 Dash ground pepper red
- 0.3 cup mayonnaise reduced-fat
- 0.3 teaspoon onion finely grated
- 1 tablespoon pecans toasted chopped
- 2 ounce pimientos diced undrained
- 0.3 ounce pumpernickel bread party-style
- 0.1 teaspoon salt
- 4 ounces sharp cheddar cheese shredded reduced-fat

0.1 teaspoon worcestershire sauce

Equipment

bowl

blender

Directions

Place cream cheese in a medium bowl; beat with a mixer at medium speed until smooth. Stir in mayonnaise, onion, Worcestershire, salt, and pepper.

Add cheddar cheese, pecans, and pimiento; stir well. Cover and chill up to 3 hours.

Sprinkle with paprika, if desired.

Serve with bread.

Nutrition Facts

PROTEIN 18.54% **FAT 71.15%** **CARBS 10.31%**

Properties

Glycemic Index:14.07, Glycemic Load:0.25, Inflammation Score:-2, Nutrition Score:2.0360869545004%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 52.68kcal (2.63%), Fat: 4.21g (6.48%), Saturated Fat: 1.76g (10.99%), Carbohydrates: 1.37g (0.46%), Net Carbohydrates: 1.18g (0.43%), Sugar: 0.48g (0.54%), Cholesterol: 9.05mg (3.02%), Sodium: 129.27mg (5.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.47g (4.94%), Calcium: 67.75mg (6.77%), Phosphorus: 54.94mg (5.49%), Vitamin C: 4.23mg (5.13%), Vitamin A: 196.26IU (3.93%), Selenium: 2.68µg (3.83%), Vitamin B2: 0.05mg (2.83%), Vitamin K: 2.8µg (2.66%), Zinc: 0.39mg (2.59%), Manganese: 0.04mg (2.21%), Vitamin B12: 0.11µg (1.84%), Vitamin E: 0.2mg (1.31%), Magnesium: 4.28mg (1.07%)