

ONIONS

Pimiento Cheese on Marbled Rye

5 October 2026

TOTAL TIME	PREP	SERVES	PER SERVING	CALORIES
25 min	25 min	16	\$0.64	147 kcal

Pimiento Cheese on Marbled Rye takes about 25 minutes from beginning to end. For 64 cents per serving, you get a condiment that serves 16. One portion of this dish contains around 7g of protein, 10g of fat, and a total of 147 calories. 1 person were glad they tried this recipe. It is brought to you...

Ingredients

- ☐ 1 cup fat-free mayonnaise
- ☐ 2 tablespoons finely chopped onion
- ☐ 3 ounce 2 marbled rye bread
- ☐ 2 teaspoons Worcestershire sauce
- ☐ ¼ cup pickled jalapeño peppers, drained and chopped
- ☐ 8 ounce diced pimiento, drained
- ☐ 16 ounce blocks reduced-fat shredded sharp Cheddar cheese

EQUIPMENT Bowl

Method

- 1

Combine first 7 ingredients in a large bowl; stir well.
- 2

Spread 1/4 cup pimiento cheese over 16 bread slices. Top with remaining bread slices. Refrigerate remaining pimiento cheese in an airtight container up to 10 days.
- 3

Note: Increase the heat in the pimiento cheese by adding up to 1 (4-ounce) can of pickled jalapeo peppers.

Nutrition per serving

147	7 g	10 g	7 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			5.6 g · 35% of daily needs
Fibre			1 g · 4% of daily needs
Sugar			2.4 g · 3% of daily needs
Sodium			343 mg · 15% of daily needs
Cholesterol			29.7 mg · 10% of daily needs
Vitamin C			16.6 mg · 20% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/pimiento-cheese-on-marbled-rye-148095