



Pimiento-Cheese Spread Appetizers

 Vegetarian

READY IN



15 min.

SERVINGS



16

CALORIES



141 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.7 cup pimientos whole green (from 10-oz jar)
- ☐ 4 oz cheddar cheese shredded
- ☐ 0.3 cup salad dressing
- ☐ 3 oz cream cheese softened
- ☐ 1 Dash ground pepper red (cayenne)
- ☐ 16 slices cocktail rye bread

Equipment

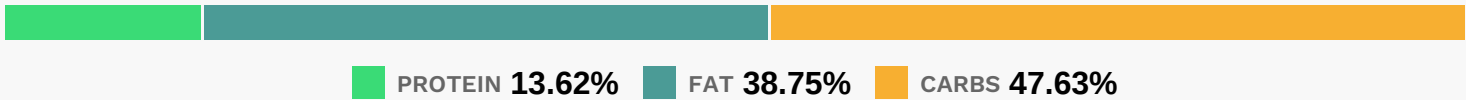
- ☐ bowl

- ☐ hand mixer
- ☐ toothpicks

Directions

- ☐ Reserve 16 whole olives for garnish. Chop remaining olives; place in medium bowl.
- ☐ Add Cheddar cheese, mayonnaise, cream cheese and red pepper; beat with electric mixer on medium speed until well blended.
- ☐ Spread about 2 tablespoons cheese mixture on 8 of the bread slices. Top with remaining bread slices.
- ☐ Cut each sandwich diagonally in half.
- ☐ Garnish each appetizer with 1 whole olive secured with a toothpick or decorative pick.

Nutrition Facts



Properties

Glycemic Index:11.46, Glycemic Load:7.39, Inflammation Score:-4, Nutrition Score:6.1078261305457%

Nutrients (% of daily need)

Calories: 141.47kcal (7.07%), Fat: 6.1g (9.38%), Saturated Fat: 2.75g (17.17%), Carbohydrates: 16.87g (5.62%), Net Carbohydrates: 14.83g (5.39%), Sugar: 2.12g (2.35%), Cholesterol: 12.46mg (4.15%), Sodium: 293.83mg (12.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.82g (9.64%), Selenium: 12.44µg (17.77%), Manganese: 0.27mg (13.68%), Vitamin C: 8.47mg (10.26%), Vitamin B1: 0.14mg (9.64%), Folate: 37.73µg (9.43%), Vitamin B2: 0.16mg (9.21%), Fiber: 2.04g (8.17%), Phosphorus: 80.4mg (8.04%), Calcium: 79.67mg (7.97%), Vitamin A: 360.97IU (7.22%), Vitamin B3: 1.29mg (6.45%), Iron: 1.1mg (6.1%), Zinc: 0.67mg (4.48%), Magnesium: 15.95mg (3.99%), Copper: 0.07mg (3.42%), Vitamin K: 3.54µg (3.37%), Vitamin B6: 0.06mg (2.77%), Potassium: 84.24mg (2.41%), Vitamin E: 0.35mg (2.36%), Vitamin B5: 0.2mg (2.01%), Vitamin B12: 0.09µg (1.45%)