



Pimiento Cheese Squares

 Vegetarian

READY IN



45 min.

SERVINGS



60

CALORIES



45 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.5 cup butter softened
- ☐ 1.5 cups flour all-purpose
- ☐ 1 teaspoon ground mustard
- ☐ 0.3 teaspoon ground pepper red
- ☐ 1 teaspoon kosher salt
- ☐ 4 oz pimientos diced
- ☐ 10 oz freshly sharp cheddar cheese shredded

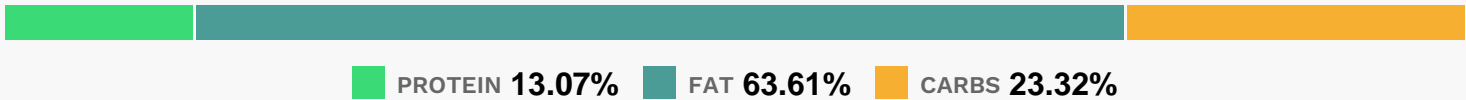
Equipment

- ☐ baking sheet
- ☐ paper towels
- ☐ baking paper
- ☐ oven
- ☐ stand mixer

Directions

- ☐ Preheat oven to 35
- ☐ Drain pimienta; pat dry with paper towels, and finely chop. Stir ground mustard and ground red pepper into flour. Gradually add chopped pimienta to flour mixture, tossing to coat.
- ☐ Beat cheese, butter, and salt at medium speed with a heavy-duty electric stand mixer until blended. Gradually add flour mixture, beating just until combined.
- ☐ Turn out onto a well-floured surface. Divide into 2 equal portions; flatten each into a square.
- ☐ Roll each square to 1/8-inch thickness.
- ☐ Cut with a 1 1/2-inch square cutter.
- ☐ Place 1 inch apart on parchment paper-lined baking sheets.
- ☐ Bake 15 to 20 minutes; cool on baking sheets on wire racks 30 minutes.

Nutrition Facts



Properties

Glycemic Index:3.82, Glycemic Load:1.79, Inflammation Score:-1, Nutrition Score:1.3191304375296%

Nutrients (% of daily need)

Calories: 44.94kcal (2.25%), Fat: 3.19g (4.91%), Saturated Fat: 1.89g (11.79%), Carbohydrates: 2.63g (0.88%), Net Carbohydrates: 2.5g (0.91%), Sugar: 0.09g (0.1%), Cholesterol: 8.79mg (2.93%), Sodium: 82.21mg (3.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.48g (2.95%), Selenium: 2.49µg (3.56%), Calcium: 34.59mg (3.46%), Vitamin A: 148.27IU (2.97%), Phosphorus: 26.17mg (2.62%), Vitamin C: 1.97mg (2.39%), Vitamin B2: 0.04mg (2.26%), Vitamin B1: 0.03mg (1.78%), Folate: 6.96µg (1.74%), Zinc: 0.2mg (1.36%), Manganese: 0.02mg (1.23%), Iron: 0.2mg (1.09%), Vitamin B3: 0.2mg (1.02%)