



Smoky "Pimiento" Cheese Sandwiches

 Vegetarian

READY IN



15 min.

SERVINGS



7

CALORIES



626 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14 bread dark (sourdough and wheat)
- ☐ 3 oz cream cheese softened
- ☐ 8 oz gouda cheese smoked shredded
- ☐ 0.5 cup mayonnaise
- ☐ 1 teaspoon paprika
- ☐ 0.3 teaspoon salt
- ☐ 8 oz cheddar cheese smoked shredded
- ☐ 8.5 oz sun-dried tomatoes drained chopped in oil

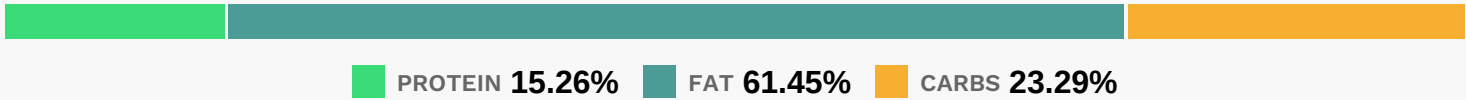
Equipment

☐ bowl

Directions

- ☐ Stir together cream cheese and next 3 ingredients in a large bowl until blended. Stir in shredded cheeses and sun-dried tomatoes until combined.
- ☐ Spread cheese mixture on half of bread slices (about 1/3 cup on each); top with remaining bread slices.

Nutrition Facts



Properties

Glycemic Index:29.24, Glycemic Load:14.93, Inflammation Score:-8, Nutrition Score:23.379130415294%

Nutrients (% of daily need)

Calories: 626.43kcal (31.32%), Fat: 43.46g (66.86%), Saturated Fat: 17.3g (108.11%), Carbohydrates: 37.06g (12.35%), Net Carbohydrates: 32.72g (11.9%), Sugar: 4.61g (5.13%), Cholesterol: 88.33mg (29.44%), Sodium: 1056.69mg (45.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.29g (48.58%), Calcium: 555.81mg (55.58%), Selenium: 32.46µg (46.37%), Phosphorus: 462.64mg (46.26%), Vitamin C: 35.16mg (42.62%), Manganese: 0.84mg (42.1%), Vitamin B2: 0.56mg (32.86%), Vitamin K: 30.83µg (29.36%), Vitamin A: 1265.17IU (25.3%), Zinc: 3.4mg (22.67%), Vitamin B3: 4.46mg (22.29%), Vitamin B1: 0.32mg (21.4%), Potassium: 707.62mg (20.22%), Folate: 71.16µg (17.79%), Magnesium: 70.75mg (17.69%), Iron: 3.18mg (17.65%), Fiber: 4.34g (17.35%), Vitamin B12: 0.89µg (14.81%), Copper: 0.28mg (13.77%), Vitamin B6: 0.23mg (11.72%), Vitamin B5: 0.97mg (9.72%), Vitamin E: 1.14mg (7.6%), Vitamin D: 0.39µg (2.59%)