

Hot Pimiento Cheese Dip

Louise Holmes - Winchester, TN
Southern Living - 1987 Annual Recipes

Yield: 3 1/3 cups

1 pound processed American cheese, shredded

1/4 cup tomato sauce

1 tablespoon hot sauce

1/2 cup mayonnaise

3/4 cup diced pimientos, drained

In a bowl, combine the cheese, tomato sauce, hot sauce and mayonnaise. Stir well.

Fold in the pimientos.

Cover and chill thoroughly.

Per Serving (excluding unknown items): 20 Calories; trace Fat (5.9% calories from fat); 1g Protein; 5g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 744mg Sodium. Exchanges: 1 Vegetable.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	20
% Calories from Fat:	5.9%
% Calories from Carbohydrates:	79.0%
% Calories from Protein:	15.1%
Total Fat (g):	trace
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	5g
Dietary Fiber (g):	1g
Protein (g):	1g
Sodium (mg):	744mg
Potassium (mg):	248mg
Calcium (mg):	10mg
Iron (mg):	1mg
Zinc (mg):	trace

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	7mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	n n%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	1
Fruit:	0
Non-Fat Milk:	0
Fat:	0
Other Carbohydrates:	0

