

Pimiento Cheese Spread II

Sue Wade

Gourmet Eating in South Carolina - (1985)

*12 ounces sharp cheddar cheese,
grated
2 ounces pimiento, drained
1 cup mayonnaise
1 or 2 tablespoons Parmesan cheese,
grated*

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Finely grate the cheese into a bowl.

With a fork, mash the pimiento into very small pieces. Add to the sharp cheese.

Add the Parmesan cheese and mayonnaise.
Mix well.

Store in the refrigerator in a tight container. (It will keep for several weeks.)

(Good on crackers, in stuffed celery or as a sandwich spread.)

Per Serving (excluding unknown items): 2982 Calories; 301g Fat (87.5% calories from fat); 90g Protein; 7g Carbohydrate; 0g Dietary Fiber; 438mg Cholesterol; 3462mg Sodium. Exchanges: 12 Lean Meat; 1 Vegetable; 31 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	2982
% Calories from Fat:	87.5%
% Calories from Carbohydrates:	1.0%
% Calories from Protein:	11.6%
Total Fat (g):	301g
Saturated Fat (g):	99g
Monounsaturated Fat (g):	82g
Polyunsaturated Fat (g):	94g
Cholesterol (mg):	438mg
Carbohydrate (g):	7g
	0g

Vitamin B6 (mg):	1.6mg
Vitamin B12 (mcg):	3.4mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	1.3mg
Folacin (mcg):	83mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value:	0 0%

Food Exchanges

0
1

Dietary Fiber (g):
Protein (g): 90g
Sodium (mg): 3462mg
Potassium (mg): 504mg
Calcium (mg): 2566mg
Iron (mg): 4mg
Zinc (mg): 11mg
Vitamin C (mg): 48mg
Vitamin A (i.u.): 5759IU
Vitamin A (r.e.): 1367RE

Grain (Starch):
Lean Meat: 12
Vegetable: 1
Fruit: 0
Non-Fat Milk: 0
Fat: 31
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 2982 **Calories from Fat:** 2609

% Daily Values*

Total Fat	301g	464%
Saturated Fat	99g	493%
Cholesterol	438mg	146%
Sodium	3462mg	144%
Total Carbohydrates	7g	2%
Dietary Fiber	0g	0%
Protein	90g	
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Vitamin A		115%
Vitamin C		80%
Calcium		257%
Iron		24%

* Percent Daily Values are based on a 2000 calorie diet.