

Pimiento Cheese Spread

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dashrecipes.com

4 ounces sharp cheddar cheese, grated
4 ounces Monterey Jack cheese, grated
1/4 cup cream cheese
1/4 cup mayonnaise
1 jar (4 ounce) pimientos

In a food processor, pulse the Cheddar cheese, Monterey Jack cheese, cream cheese, mayonnaise and pimientos until combined but still chunky.

Per Serving (excluding unknown items): 1477 Calories; 139g Fat (82.8% calories from fat); 61g Protein; 4g Carbohydrate; 0g Dietary Fiber; 303mg Cholesterol; 1796mg Sodium. Exchanges: 8 1/2 Lean Meat; 17 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	1477
% Calories from Fat:	82.8%
% Calories from Carbohydrates:	1.0%
% Calories from Protein:	16.2%
Total Fat (g):	139g
Saturated Fat (g):	65g
Monounsaturated Fat (g):	39g
Polyunsaturated Fat (g):	26g
Cholesterol (mg):	303mg
Carbohydrate (g):	4g
Dietary Fiber (g):	0g
Protein (g):	61g
Sodium (mg):	1796mg
Potassium (mg):	291mg
Calcium (mg):	1721mg
Iron (mg):	3mg
Zinc (mg):	7mg
Vitamin C (mg):	0mg
Vitamin A (i.u.):	3260IU

Vitamin B6 (mg):	.5mg
Vitamin B12 (mcg):	2.2mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	1.0mg
Folacin (mcg):	53mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refused:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	8 1/2
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	17
Other Carbohydrates:	0

Vitamin A (r.e.):

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Nutrition Facts

Amount Per Serving

Calories 1477 **Calories from Fat:** 1223

% Daily Values*

Total Fat	139g	214%
Saturated Fat	65g	324%
Cholesterol	303mg	101%
Sodium	1796mg	75%
Total Carbohydrates	4g	1%
Dietary Fiber	0g	0%
Protein	61g	
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Vitamin A		65%
Vitamin C		0%
Calcium		172%
Iron		14%

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