

Four-Cheese Pimiento Dip

*All-Time Favorites - 2013 Cookbook
Better Homes and Gardens*

1 package (3 ounce) cream cheese, softened
8 ounces (2 cups) extra-sharp cheddar cheese, shredded
8 ounces (2 cups) extra-sharp white cheddar cheese, shredded
4 ounces (1 cup) Gruyere cheese, shredded
1 cup mayonnaise
1 jar (4 ounce) diced pimientos, drained
1/2 cup green sweet pepper, finely chopped
1/3 cup onion, finely chopped
1 small fresh jalapeno, stemmed, seeded and minced
1 tablespoon Worcestershire sauce
1/4 teaspoon cayenne pepper
optional stir-ins (such as crumbled crisp-cooked bacon, toasted pecans, chopped green onions or diced tomatoes)
assorted dippers (such as celery sticks, carrot sticks, pita chips and/or crackers)

Preparation Time: 35 minutes

In a large mixing bowl, beat the cream cheese with an electric mixer on medium for 30 seconds. Gradually beat in the cheddar and Gruyere cheeses. Beat in the mayonnaise. Using a wooden spoon, stir in the pimientos, sweet pepper, onion, jalapeno, Worcestershire sauce and cayenne pepper.

If desired, add any chosen stir-ins or divide the pimiento cheese into portions and add a different stir-in to each.

Serve with dippers.

Per Serving (excluding unknown items): 4204 Calories; 408g Fat (84.8% calories from fat); 150g Protein; 15g Carbohydrate; 1g Dietary Fiber; 807mg Cholesterol; 3536mg Sodium. Exchanges: 0 Grain(Starch); 20 1/2 Lean Meat; 1 Vegetable; 46 Fat; 0 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal): 4204
% Calories from Fat: 84.8%
% Calories from Carbohydrates: 1.4%
% Calories from Protein: 13.8%
Total Fat (g): 408g
Saturated Fat (g): 159g
Monounsaturated Fat (g): 116g
Polyunsaturated Fat (g): 101g
Cholesterol (mg): 807mg
Carbohydrate (g): 15g
Dietary Fiber (g): 1g
Protein (g): 150g
Sodium (mg): 3536mg
Potassium (mg): 913mg
Calcium (mg): 4620mg
Iron (mg): 6mg
Zinc (mg): 19mg
Vitamin C (mg): 31mg
Vitamin A (i.u.): 9393IU
Vitamin A (r.e.): 2725 1/2RE

Vitamin B6 (mg): 1.7mg
Vitamin B12 (mcg): 8.4mcg
Thiamin B1 (mg): .3mg
Riboflavin B2 (mg): 1.7mg
Folacin (mcg): 103mcg
Niacin (mg): 1mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: 0 n n%

Food Exchanges

Grain (Starch): 0
Lean Meat: 20 1/2
Vegetable: 1
Fruit: 0
Non-Fat Milk: 0
Fat: 46
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 4204 **Calories from Fat:** 3564

% Daily Values*

Total Fat	408g	627%
Saturated Fat	159g	793%
Cholesterol	807mg	269%
Sodium	3536mg	147%
Total Carbohydrates	15g	5%
Dietary Fiber	1g	4%
Protein	150g	
Vitamin A		188%
Vitamin C		51%
Calcium		462%
Iron		31%

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