

Heloise's Pimento Cheese Spread

*Heloise Household Hints
Palm Beach Post*

*1 pound boxed soft cheese (or any style cheese that can be grated)
1 cup mayonnaise
1/2 cup finely chopped pickles (your favorite kind)
4 ounces pimentos*

Grate the cheese (if necessary) using a food processor or the large side of a cheese grater. Place a large piece of plastic wrap or wax paper on the counter.

Now you are going to layer your ingredients, starting with the grated cheese/ soft cheese, followed by the mayonnaise, pimentos and pickles. Use a spatula to fold the ingredients over and over from the bottom to the top. Repeat the process until all of the ingredients are gone.

Next, store the spread in jars, making sure that they are sealed tight. Place the jars in the refrigerator.

Per Serving (excluding unknown items): 1577 Calories; 187g Fat (99.4% calories from fat); 2g Protein; 0g Carbohydrate; 0g Dietary Fiber; 77mg Cholesterol; 1250mg Sodium. Exchanges: 16 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	1577	Vitamin B6 (mg):	1.3mg
% Calories from Fat:	99.4%	Vitamin B12 (mcg):	.6mcg
% Calories from Carbohydrates:	0.0%	Thiamin B1 (mg):	0mg
% Calories from Protein:	0.6%	Riboflavin B2 (mg):	0mg
Total Fat (g):	187g	Folacin (mcg):	17mcg
Saturated Fat (g):	26g	Niacin (mg):	trace
Monounsaturated Fat (g):	50g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	91g	Alcohol (kcal):	0
		% Refuse:	0.0%

Cholesterol (mg):	77mg
Carbohydrate (g):	0g
Dietary Fiber (g):	0g
Protein (g):	2g
Sodium (mg):	1250mg
Potassium (mg):	75mg
Calcium (mg):	40mg
Iron (mg):	1mg
Zinc (mg):	trace
Vitamin C (mg):	0mg
Vitamin A (i.u.):	616IU
Vitamin A (r.e.):	123RE

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	16
Other Carbohydrates:	0

Nutrition Facts

Amount Per Serving

Calories 1577 Calories from Fat: 1568

% Daily Values*

Total Fat 187g	288%
Saturated Fat 26g	130%
Cholesterol 77mg	26%
Sodium 1250mg	52%
Total Carbohydrates 0g	0%
Dietary Fiber 0g	0%
Protein 2g	
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Vitamin A	12%
Vitamin C	0%
Calcium	4%
Iron	6%

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