

Italian Pimiento Cheese

50 Burger Toppings
Food Network Magazine

1/2 cup Italian cheese blend,
shredded
2 ounces cream cheese, softened
2 tablespoons mayonnaise
2 tablespoons hot cherry peppers,
chopped
hot sauce (to taste)

In a bowl, combine the cheese, cream cheese,
mayonnaise and cherry peppers.

Season with hot sauce, to taste.

Can be used as a hamburger topping.

Per Serving (excluding unknown
items): 395 Calories; 43g Fat
(94.1% calories from fat); 5g
Protein; 2g Carbohydrate; 0g
Dietary Fiber; 72mg Cholesterol;
324mg Sodium. Exchanges: 1/2
Lean Meat; 5 1/2 Fat.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	395
% Calories from Fat:	94.1%
% Calories from Carbohydrates:	1.5%
% Calories from Protein:	4.4%
Total Fat (g):	43g
Saturated Fat (g):	16g
Monounsaturated Fat (g):	12g
Polyunsaturated Fat (g):	12g
Cholesterol (mg):	72mg
Carbohydrate (g):	2g
Dietary Fiber (g):	0g
Protein (g):	5g
Sodium (mg):	324mg
Potassium (mg):	77mg
Calcium (mg):	50mg
Iron (mg):	1mg
Zinc (mg):	trace

Vitamin B6 (mg):	.2mg
Vitamin B12 (mcg):	.3mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	10mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	n n%

Food Exchanges

Grain (Starch):	0
Lean Meat:	1/2
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	5 1/2
Other Carbohydrates:	0

Vitamin C (mg): 0mg
Vitamin A (i.u.): 886IU
Vitamin A (r.e.): 259RE

Nutrition Facts

Amount Per Serving

Calories 395 Calories from Fat: 372

% Daily Values*

Total Fat 43g	66%
Saturated Fat 16g	78%
Cholesterol 72mg	24%
Sodium 324mg	13%
Total Carbohydrates 2g	1%
Dietary Fiber 0g	0%
Protein 5g	
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Vitamin A	18%
Vitamin C	0%
Calcium	5%
Iron	5%

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