Hot Pimiento Cheese Dip

Louise Holmes - Winchester, TN Southern Living - 1987 Annual Recipes

Yield: 3 1/3 cups

1 pound proscess American cheese, shredded

1/4 cup tomato sauce 1 tablespoon hot sauce

1/2 cup matyonnaise

3/4 cup diced pimientos, drained

In a bowl, combine the cheese, tomato sauce, hot sauce and mayonnaise. Stir well.

Fold in the pimientos.

Cover and chill thoroughly.

Per Serving (excluding unknown items): 20 Calories; trace Fat (5.9% calories from fat); 1g Protein; 5g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 744mg Sodium. Exchanges: 1 Vegetable.

Appetizers

Day Camina Mutritional Analysis

Calories (kcal):	20	Vitamin B6 (mg):	.1mg
% Calories from Fat:	5.9%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	79.0%	Thiamin B1 (mg):	trace
% Calories from Protein:	15.1%	Riboflavin B2 (mg):	trace
Total Fat (q):	trace	Folacin (mcg):	7mcg
Saturated Fat (g):	trace	Niacin (mg):	1mg
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0 % n
Cholesterol (mg):	0mg		
Carbohydrate (g):	5g	Food Exchanges	
Dietary Fiber (g):	1g	Grain (Starch):	0
Protein (g):	1g	Lean Meat:	0
Sodium (mg):	744mg	Vegetable:	1
Potassium (mg):	248mg	Fruit:	0
Calcium (mg):	10mg	Non-Fat Milk:	0
Iron (mg):	1mg	Fat:	0
Zinc (mg):	trace	Other Carbohydrates:	0
		-	

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 Vitamin C (mg):
 14mg

 Vitamin A (i.u.):
 642IU

 Vitamin A (r.e.):
 64 1/2RE

Nutrition Facts

Amount Per Serving			
Calories 20	Calories from Fat: 1		
	% Daily Values*		
Total Fat trace	0%		
Saturated Fat trace	0%		
Cholesterol 0mg	0%		
Sodium 744mg	31%		
Total Carbohydrates 5g	2%		
Dietary Fiber 1g	4%		
Protein 1g			
Vitamin A	13%		
Vitamin C	24%		
Calcium	1%		
Iron	3%		

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