



## Clam Dip with Bacon

 Gluten Free

READY IN



45 min.

SERVINGS



16

CALORIES



47 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.1 teaspoon pepper black freshly ground
- 13 ounce clams drained chopped canned
- 2 tablespoons parsley fresh chopped
- 2 tablespoons green onions chopped
- 1.5 teaspoons horseradish prepared
- 0.3 cup juice of lemon fresh ( 2 lemons)
- 10 tablespoon mayonnaise reduced-fat
- 10 tablespoon cup heavy whipping cream sour reduced-fat

- 0.1 teaspoon salt
- 2 center-cut bacon crumbled cooked
- 0.8 teaspoon worcestershire sauce

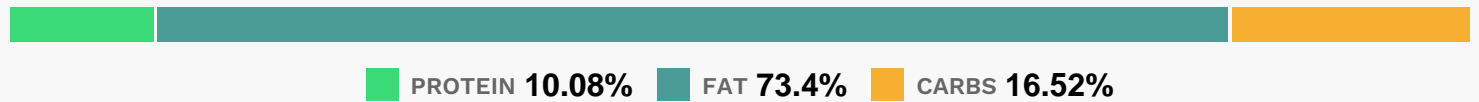
## Equipment

- bowl
- whisk

## Directions

- Combine all ingredients in a medium bowl, stirring with a whisk; cover and chill at least 1 hour.

## Nutrition Facts



## Properties

Glycemic Index:9.88, Glycemic Load:0.06, Inflammation Score:-1, Nutrition Score:1.8734782849965%

## Flavonoids

Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg Hesperetin: 0.55mg, Hesperetin: 0.55mg, Hesperetin: 0.55mg, Hesperetin: 0.55mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

## Nutrients (% of daily need)

Calories: 47.2kcal (2.36%), Fat: 3.88g (5.97%), Saturated Fat: 1.17g (7.33%), Carbohydrates: 1.97g (0.66%), Net Carbohydrates: 1.9g (0.69%), Sugar: 0.51g (0.57%), Cholesterol: 6.88mg (2.29%), Sodium: 122.96mg (5.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.2g (2.4%), Vitamin K: 14.53µg (13.84%), Vitamin B12: 0.44µg (7.26%), Vitamin C: 2.5mg (3.03%), Selenium: 2.09µg (2.99%), Phosphorus: 18.65mg (1.86%), Vitamin A: 92.25IU (1.85%), Vitamin E: 0.26mg (1.76%), Calcium: 14.69mg (1.47%), Potassium: 38.03mg (1.09%)