



Cottage Cheese Clam Dip

 **Gluten Free**

READY IN

ready

5 min.

SERVINGS

servings

8

CALORIES

calories

59 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon bottled clam juice
- ☐ 8 ounce clams with juice reserved minced drained canned
- ☐ 0.3 teaspoon ground pepper black
- ☐ 2 teaspoons juice of lemon
- ☐ 2.5 cups nonfat cottage cheese
- ☐ 0.5 teaspoon onion grated
- ☐ 0.3 teaspoon salt
- ☐ 3 tablespoons cup heavy whipping cream fat free sour

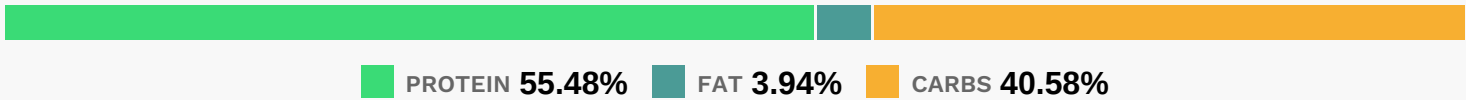
Equipment

☐ mixing bowl

Directions

- ☐ In a mixing bowl, mash the cottage cheese with a fork until it is smooth and creamy.
- ☐ Combine the clams, sour cream, onion, salt, lemon juice, clam juice and pepper with the cottage cheese. Refrigerate the mixture and allow it to chill for 30 minutes, or until it thickens.

Nutrition Facts



Properties

Glycemic Index:10.75, Glycemic Load:0.05, Inflammation Score:-1, Nutrition Score:3.4004347431271%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 59.21kcal (2.96%), Fat: 0.25g (0.39%), Saturated Fat: 0.13g (0.8%), Carbohydrates: 5.9g (1.97%), Net Carbohydrates: 5.87g (2.13%), Sugar: 1.42g (1.58%), Cholesterol: 6.62mg (2.21%), Sodium: 350.84mg (15.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.06g (16.12%), Phosphorus: 147.32mg (14.73%), Vitamin B12: 0.82µg (13.66%), Selenium: 8.19µg (11.7%), Vitamin B2: 0.17mg (9.92%), Calcium: 68.59mg (6.86%), Vitamin B5: 0.33mg (3.25%), Potassium: 108.48mg (3.1%), Zinc: 0.38mg (2.53%), Magnesium: 9.32mg (2.33%), Folate: 7.5µg (1.87%), Manganese: 0.03mg (1.41%), Vitamin B1: 0.02mg (1.3%), Copper: 0.03mg (1.29%), Iron: 0.19mg (1.03%)