



## Creamy Clam Dip

 Gluten Free

READY IN



10 min.

SERVINGS



6

CALORIES



224 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 8 oz cream cheese softened
- ☐ 0.3 cup mayonnaise
- ☐ 3 tablespoons juice of lemon fresh (1 medium)
- ☐ 1.5 teaspoons roasted garlic finely chopped
- ☐ 6.5 oz clams minced drained canned
- ☐ 1 Dash salt
- ☐ 1 Dash ground pepper red (cayenne)
- ☐ 0.3 teaspoon worcestershire sauce

- ☐ 1 serving parsley fresh chopped for garnish
- ☐ 1 slices baby carrots

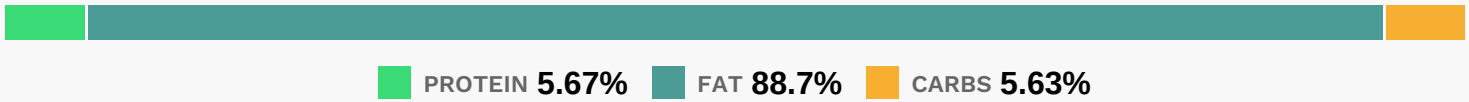
## Equipment

- ☐ bowl

## Directions

- ☐ In medium bowl, mix cream cheese, mayonnaise, lemon juice and garlic until smooth. Stir in clams, salt, pepper and Worcestershire sauce.
- ☐ Serve immediately, or refrigerate until ready to serve.
- ☐ At serving time, spoon into serving bowl; sprinkle with parsley.
- ☐ Serve with pita chips.

## Nutrition Facts



## Properties

Glycemic Index:33, Glycemic Load:0.72, Inflammation Score:-4, Nutrition Score:4.4426087406666%

## Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 224.19kcal (11.21%), Fat: 22.39g (34.44%), Saturated Fat: 9.11g (56.91%), Carbohydrates: 3.2g (1.07%), Net Carbohydrates: 3.13g (1.14%), Sugar: 1.73g (1.92%), Cholesterol: 44.79mg (14.93%), Sodium: 210.71mg (9.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.22g (6.44%), Vitamin K: 32.07µg (30.54%), Vitamin A: 616.35IU (12.33%), Vitamin B12: 0.62µg (10.31%), Selenium: 5.07µg (7.24%), Vitamin B2: 0.09mg (5.55%), Phosphorus: 54.56mg (5.46%), Vitamin E: 0.79mg (5.24%), Vitamin C: 4.07mg (4.94%), Calcium: 42.53mg (4.25%), Vitamin B5: 0.26mg (2.61%), Potassium: 71.66mg (2.05%), Vitamin B6: 0.04mg (1.83%), Folate: 6.87µg (1.72%), Zinc: 0.25mg (1.68%), Magnesium: 5.45mg (1.36%), Iron: 0.22mg (1.21%), Manganese: 0.02mg (1.2%)