

Dick and Red's Bacon Clam Dip

 **Gluten Free**

READY IN



80 min.

SERVINGS



10

CALORIES



219 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 slices bacon
- 13 ounce clams minced canned
- 16 ounce cream cheese softened
- 1 tablespoon juice of lemon
- 10 drops hot sauce hot
- 0.5 teaspoon worcestershire sauce

Equipment

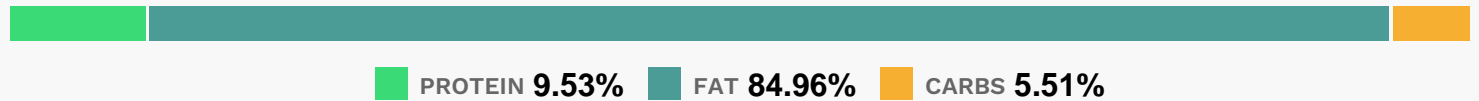
- bowl

frying pan

Directions

- Place bacon in a large, deep skillet. Cook over medium-high heat until crisp.
- Drain, crumble and set aside.
- In a medium bowl, stir cream cheese until smooth. Stir one can of clams with juice into the cream cheese.
- Drain the other can, reserving the juice, and stir those clams in as well.
- Mix in the hot pepper sauce, Worcestershire sauce, and lemon juice. Stir in crumbled bacon. Cover and refrigerate dip and reserved clam juice for one hour.
- Remove dip from the refrigerator, and stir in just enough of the reserved clam juice to make the dip soft enough to dip a chip into.

Nutrition Facts



Properties

Glycemic Index:5.4, Glycemic Load:0.73, Inflammation Score:-4, Nutrition Score:3.7947825918217%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 219.23kcal (10.96%), Fat: 20.9g (32.16%), Saturated Fat: 10.93g (68.31%), Carbohydrates: 3.05g (1.02%), Net Carbohydrates: 3.04g (1.11%), Sugar: 1.79g (1.98%), Cholesterol: 56.18mg (18.73%), Sodium: 263.25mg (11.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.28g (10.56%), Vitamin B12: 0.79µg (13.17%), Vitamin A: 632.59IU (12.65%), Selenium: 8.25µg (11.78%), Phosphorus: 78.9mg (7.89%), Vitamin B2: 0.12mg (6.98%), Calcium: 47.31mg (4.73%), Vitamin B5: 0.34mg (3.43%), Vitamin E: 0.49mg (3.25%), Vitamin B1: 0.05mg (3.24%), Vitamin B6: 0.06mg (3.17%), Vitamin B3: 0.6mg (2.99%), Zinc: 0.41mg (2.75%), Potassium: 93.94mg (2.68%), Magnesium: 6.9mg (1.72%), Vitamin C: 1.37mg (1.66%), Iron: 0.22mg (1.2%), Folate: 4.74µg (1.19%)