

Smoky Clam Dip

 Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



98 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6.5 oz clams minced drained canned
- ☐ 8 oz cream cheese at room temperature
- ☐ 1 tablespoon flat parsley minced
- ☐ 1 garlic clove minced
- ☐ 1 spring onion minced
- ☐ 1 teaspoon paprika smoked sweet spanish
- ☐ 0.3 cup cream sour

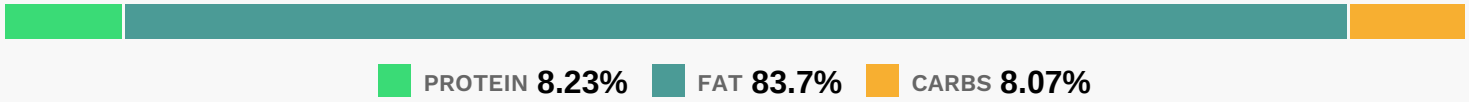
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk together cream cheese, sour cream, garlic, onion, parsley, and paprika in a medium bowl.
- ☐ Add clams to taste and enough clam liquid for a good dipping texture.

Nutrition Facts



Properties

Glycemic Index:16.3, Glycemic Load:0.42, Inflammation Score:-3, Nutrition Score:2.4360869617566%

Flavonoids

Apigenin: 0.86mg, Apigenin: 0.86mg, Apigenin: 0.86mg, Apigenin: 0.86mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 98.47kcal (4.92%), Fat: 9.35g (14.38%), Saturated Fat: 5.37g (33.54%), Carbohydrates: 2.03g (0.68%), Net Carbohydrates: 1.91g (0.69%), Sugar: 1.17g (1.3%), Cholesterol: 28.26mg (9.42%), Sodium: 75.74mg (3.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.07g (4.14%), Vitamin A: 504.84IU (10.1%), Vitamin K: 9.81µg (9.34%), Vitamin B12: 0.38µg (6.31%), Selenium: 3.14µg (4.49%), Vitamin B2: 0.07mg (4.13%), Phosphorus: 37.33mg (3.73%), Calcium: 33.24mg (3.32%), Vitamin E: 0.31mg (2.07%), Vitamin B5: 0.17mg (1.68%), Potassium: 52.08mg (1.49%), Vitamin B6: 0.03mg (1.26%), Zinc: 0.17mg (1.16%), Vitamin C: 0.92mg (1.12%), Magnesium: 4.2mg (1.05%), Folate: 4.12µg (1.03%)