



Spicy Sun-Dried Tomato and Clam Spread

 **Gluten Free**

READY IN



15 min.

SERVINGS



12

CALORIES



77 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon chili powder
- 6.5 ounce clams minced drained canned
- 8 ounce cream cheese softened
- 0.5 teaspoon pepper red crushed
- 0.5 teaspoon basil dried
- 0.5 teaspoon parsley dried
- 1 clove garlic
- 1 dash pepper

- 1 dash salt
- 0.3 cup sun-dried tomatoes

Equipment

- food processor
- bowl
- blender

Directions

- In a blender or food processor, puree the sun-dried tomatoes and garlic until smooth. Blend in the red pepper, parsley, basil, chili powder, salt, and pepper. Spoon in the cream cheese and clams, and continue to blend until smooth.
- Transfer the spread to a serving bowl, and chill until ready to serve.

Nutrition Facts

PROTEIN 9.93% **FAT 74.99%** **CARBS 15.08%**

Properties

Glycemic Index:12.17, Glycemic Load:0.73, Inflammation Score:-2, Nutrition Score:2.3960869623267%

Flavonoids

Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg

Nutrients (% of daily need)

Calories: 76.87kcal (3.84%), Fat: 6.64g (10.21%), Saturated Fat: 3.84g (24%), Carbohydrates: 3g (1%), Net Carbohydrates: 2.56g (0.93%), Sugar: 1.87g (2.08%), Cholesterol: 19.78mg (6.59%), Sodium: 69.28mg (3.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.98g (3.95%), Vitamin A: 324.96IU (6.5%), Vitamin B12: 0.3µg (5.03%), Potassium: 135.57mg (3.87%), Phosphorus: 36.56mg (3.66%), Selenium: 2.56µg (3.66%), Manganese: 0.07mg (3.62%), Vitamin B2: 0.06mg (3.61%), Copper: 0.05mg (2.55%), Vitamin K: 2.64µg (2.51%), Calcium: 24.48mg (2.45%), Iron: 0.4mg (2.23%), Magnesium: 8.64mg (2.16%), Vitamin B5: 0.18mg (1.78%), Fiber: 0.44g (1.77%), Vitamin B3: 0.32mg (1.6%), Vitamin C: 1.28mg (1.55%), Vitamin E: 0.23mg (1.54%), Vitamin B1: 0.02mg (1.45%), Vitamin B6: 0.03mg (1.36%), Zinc: 0.18mg (1.19%), Folate: 4.07µg (1.02%)