

Clam Appetizer Dip

Philadelphia Cream Cheese Favorite Recipes (1988)
1988 Kraft Inc.

Yield: 1 1/2 cups

1 can (8 ounce) minced clams
1 package (8 ounce) cream cheese,
softened
2 teaspoons lemon juice
1 1/2 teaspoons Worcestershire sauce
1/4 teaspoon garlic salt
dash pepper

Drain the clams. Reserve 1/4 cup of the liquid.

In a bowl, combine the clams, reserved liquid, cream cheese, lemon juice, Worcestershire, garlic salt and pepper. Mix until well blended.

Chill.

Serve with potato chips or vegetable dippers.

Per Serving (excluding unknown items): 819 Calories; 81g Fat (87.4% calories from fat); 18g Protein; 9g Carbohydrate; trace Dietary Fiber; 255mg Cholesterol; 1272mg Sodium. Exchanges: 2 1/2 Lean Meat; 0 Fruit; 15 Fat; 0 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	819	Vitamin B6 (mg):	.1mg
% Calories from Fat:	87.4%	Vitamin B12 (mcg):	1.0mcg
% Calories from Carbohydrates:	4.2%	Thiamin B1 (mg):	trace
% Calories from Protein:	8.5%	Riboflavin B2 (mg):	.5mg
Total Fat (g):	81g	Folacin (mcg):	32mcg
Saturated Fat (g):	51g	Niacin (mg):	trace
Monounsaturated Fat (g):	23g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	3g	Alcohol (kcal):	0
Cholesterol (mg):	255mg	% Refuse:	n n%
Carbohydrate (g):	9g	Food Exchanges	
Dietary Fiber (g):	trace	Grain (Starch):	0
Protein (g):	18g	Lean Meat:	2 1/2
Sodium (mg):	1272mg	Vegetable:	0
Potassium (mg):	350mg	Fruit:	0

Calcium (mg): 194mg
Iron (mg): 3mg
Zinc (mg): 1mg
Vitamin C (mg): 18mg
Vitamin A (i.u.): 3321IU
Vitamin A (r.e.): 1000 1/2RE

Non-Fat Milk: 0
Fat: 15
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 819 **Calories from Fat:** 716

% Daily Values*

Total Fat 81g	124%
Saturated Fat 51g	255%
Cholesterol 255mg	85%
Sodium 1272mg	53%
Total Carbohydrates 9g	3%
Dietary Fiber trace	1%
Protein 18g	
Vitamin A	66%
Vitamin C	30%
Calcium	19%
Iron	18%

* Percent Daily Values are based on a 2000 calorie diet.