Clam Dip

Mrs. Norman Saurage III River Road Recipes II (1976) - The Junion League, Baton Rouge, LA

Yield: 1 pint

1 clove garlic

1 package (8 ounce) cream cheese

2 teaspoons lemon juice

1 1/2 teaspoons Worcestershire sauce

1/2 teaspoon salt

1 can (7 ounce) minced clams, drained (liquid reserved) 1/3 tablespoon clam broth dash freshly ground black pepper Rub a mixing bowl with the clove of garlic which has been cut in half.

Place the cream cheese in the bowl and cream it until smooth.

Gradually add the remaining ingredients, blending well. (If a thinner dip is desired, add more clam broth.)

Serve with potato chips, corn chips or melba rounds.

Per Serving (excluding unknown items): 823 Calories; 81g Fat (87.0% calories from fat); 18g Protein; 9g Carbohydrate; trace Dietary Fiber; 255mg Cholesterol; 1826mg Sodium. Exchanges: 2 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 15 Fat; 0 Other Carbohydrates.

Appetizers

Dar Carvina Mutritional Analysis

Calories (kcal):	823	Vitamin B6 (mg):	.1mg
% Calories from Fat:	87.0%	Vitamin B12 (mcg):	1.0mcg
% Calories from Carbohydrates:	4.5%	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 0
Polyunsaturated Fat (g):	3g	Alcohol (kcal):	0 0.0%
Cholesterol (mg):	255mg		
Carbohydrate (g):	9g	Food Exchanges	
Dietary Fiber (g):	trace	Grain (Starch):	0
	18g		2 1/2

Protein (g):		Lean Meat:	
Sodium (mg):	1826mg	Vegetable:	0
Potassium (mg):	362mg	Fruit:	0
Calcium (mg):	207mg	Non-Fat Milk:	0
Iron (mg):	3mg	Fat:	15
Zinc (mg):	1mg	Other Carbohydrates:	0
Vitamin C (mg):	19mg		
Vitamin A (i.u.):	3321IU		
Vitamin A (r.e.):	1000 1/2RE		

Nutrition Facts

Amount Per Serving				
Calories 823	Calories from Fat: 716			
	% Daily Values*			
Total Fat 81g Saturated Fat 51g Cholesterol 255mg Sodium 1826mg Total Carbohydrates 9g Dietary Fiber trace Protein 18g	124% 255% 85% 76% 3% 0%			
Vitamin A Vitamin C Calcium Iron	66% 32% 21% 18%			

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