

Fat-Free Spicy Clam Dip

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2 cups fat-free sour cream
8 ounces fat-free cream cheese, softened
2 cans (6.5 oz) minced clams, drained
2 tablespoons Glory Foods Hot Sauce
1 tablespoon fresh lemon juice
2 teaspoons salt
1/4 teaspoon garlic powder
1/4 teaspoon onion powder
1/4 teaspoon ground white pepper
1/4 teaspoon Old Bay seasoning

In a large mixing bowl, combine the sour cream and cream cheese until smooth.

Add the remaining ingredients and thoroughly mix.

Place in a serving bowl.

Cover and refrigerate until needed.

Per Serving (excluding unknown items): 535 Calories; 3g Fat (5.0% calories from fat); 67g Protein; 67g Carbohydrate; trace Dietary Fiber; 69mg Cholesterol; 5843mg Sodium. Exchanges: 0 Grain(Starch); 9 1/2 Lean Meat; 0 Fruit; 0 Fat; 8 Other Carbohydrates.