

Clam and Cream Cheese Filling

Sonia Uvezian

The International Appetizer Cookbook (1984)

Yield: 1 1/2 cups

1 can (6-1/2 ounces) minced clams,
drained

6 ounces cream cheese, room
temperature

1 tablespoon fresh chives, finely
chopped

2 teaspoons parsley, finely chopped

2 teaspoons onion, grated

1 small clove garlic (or to taste),
crushed and finely chopped

2 teaspoons lemon juice, squeezed and
strained

1 teaspoon Worcestershire sauce

salt (to taste)

Tabasco sauce (to taste)

In a bowl, combine all of the ingredients. Beat
until well blended.

Taste and adjust the seasoning.

Cover and refrigerate.

*For a thinner consistency, beat in
about two tablespoons of sour cream.*

Per Serving (excluding unknown
items): 605 Calories; 59g Fat
(86.8% calories from fat); 13g
Protein; 7g Carbohydrate; trace
Dietary Fiber; 187mg Cholesterol;
553mg Sodium. Exchanges: 2
Lean Meat; 0 Vegetable; 0 Fruit; 11
Fat; 0 Other Carbohydrates.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	605	Vitamin B6 (mg):	.1mg
% Calories from Fat:	86.8%	Vitamin B12 (mcg):	.7mcg
% Calories from Carbohydrates:	4.7%	Thiamin B1 (mg):	trace
% Calories from Protein:	8.6%	Riboflavin B2 (mg):	.3mg
Total Fat (g):	59g	Folacin (mcg):	32mcg
Saturated Fat (g):	37g	Niacin (mg):	trace
Monounsaturated Fat (g):	17g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	2g	Alcohol (kcal):	0
		% Refuse:	n n%

Cholesterol (mg):	187mg
Carbohydrate (g):	7g
Dietary Fiber (g):	trace
Protein (g):	13g
Sodium (mg):	553mg
Potassium (mg):	289mg
Calcium (mg):	150mg
Iron (mg):	3mg
Zinc (mg):	1mg
Vitamin C (mg):	19mg
Vitamin A (i.u.):	2695IU
Vitamin A (r.e.):	759 1/2RE

Food Exchanges

Grain (Starch):	0
Lean Meat:	2
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	11
Other Carbohydrates:	0

Nutrition Facts

Amount Per Serving

Calories	605	Calories from Fat: 525
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% Daily Values*

Total Fat	59g	91%
Saturated Fat	37g	187%
Cholesterol	187mg	62%
Sodium	553mg	23%
Total Carbohydrates	7g	2%
Dietary Fiber	trace	1%
Protein	13g	
Vitamin A		54%
Vitamin C		32%
Calcium		15%
Iron		14%

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