

Salmon Remoulade Dip

Sonia Uvezian

The International Appetizer Cookbook (1984)

Yield: 1 3/4 cups

1 cup sour cream
1 medium clove garlic, crushed to a smooth puree'
1/4 teaspoon anchovy paste
1 teaspoon Dijon-style mustard
1 1/2 teaspoons fresh tarragon, finely chopped
1 tablespoon parsley, finely chopped
2 teaspoons lemon juice, freshly squeezed and strained
salt to taste
1 can (7-3/4 ounce) salmon, bones and skin removed, drained and flaked
1 hard-cooked egg, finely chopped

In a medium bowl, combine the sour cream, garlic, anchovy paste, mustard, tarragon, parsley, lemon juice and salt. Blend well.

Add the salmon and egg. Mix gently but thoroughly. Taste and adjust the seasoning.

Transfer to a serving bowl. Cover and chill.

Serve with raw vegetables, potato chips or crackers.

Per Serving (excluding unknown items): 685 Calories; 57g Fat (74.2% calories from fat); 31g Protein; 13g Carbohydrate; trace Dietary Fiber; 358mg Cholesterol; 307mg Sodium. Exchanges: 3 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 1/2 Non-Fat Milk; 10 Fat; 0 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	685	Vitamin B6 (mg):	.3mg
% Calories from Fat:	74.2%	Vitamin B12 (mcg):	3.8mcg
% Calories from Carbohydrates:	7.5%	Thiamin B1 (mg):	.3mg
% Calories from Protein:	18.2%	Riboflavin B2 (mg):	.7mg
Total Fat (g):	57g	Folacin (mcg):	58mcg
Saturated Fat (g):	32g	Niacin (mg):	5mg
Monounsaturated Fat (g):	17g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	4g	Alcohol (kcal):	0
		% Refuse:	n n%

Cholesterol (mg): 358mg
Carbohydrate (g): 13g
Dietary Fiber (g): trace
Protein (g): 31g
Sodium (mg): 307mg
Potassium (mg): 727mg
Calcium (mg): 322mg
Iron (mg): 2mg
Zinc (mg): 2mg
Vitamin C (mg): 13mg
Vitamin A (i.u.): 2403IU
Vitamin A (r.e.): 679 1/2RE

Food Exchanges

Grain (Starch): 0
Lean Meat: 3 1/2
Vegetable: 1/2
Fruit: 0
Non-Fat Milk: 1/2
Fat: 10
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 685 **Calories from Fat:** 509

% Daily Values*

Total Fat 57g	88%
Saturated Fat 32g	161%
Cholesterol 358mg	119%
Sodium 307mg	13%
Total Carbohydrates 13g	4%
Dietary Fiber trace	1%
Protein 31g	
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Vitamin A	48%
Vitamin C	21%
Calcium	32%
Iron	10%

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