

# Smoked Salmon Dip II

*Yes Bay Lodge - Yes Bay, AK*

*The Great Country Inns of America Cookbook (2nd ed) (1992)*

## **Yield: 2 1/2 cups**

*8 ounces cream cheese, softened*

*1 cup mayonnaise*

*2 teaspoons lemon juice*

*1 pound smoked salmon, flaked*

*garlic salt (to taste)*

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In a bowl, combine all of the ingredients and mix well.

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Per Serving (excluding unknown items): 2902 Calories; 286g Fat (85.5% calories from fat); 103g Protein; 7g Carbohydrate; trace Dietary Fiber; 430mg Cholesterol; 5480mg Sodium. Exchanges: 14 Lean Meat; 0 Fruit; 30 1/2 Fat.

Appetizers

## **Per Serving Nutritional Analysis**

<b>Calories (kcal):</b>	2902	<b>Vitamin B6 (mg):</b>	2.6mg
<b>% Calories from Fat:</b>	85.5%	<b>Vitamin B12 (mcg):</b>	16.3mcg
<b>% Calories from Carbohydrates:</b>	0.9%	<b>Thiamin B1 (mg):</b>	.1mg
<b>% Calories from Protein:</b>	13.6%	<b>Riboflavin B2 (mg):</b>	.9mg
<b>Total Fat (g):</b>	286g	<b>Folacin (mcg):</b>	57mcg
<b>Saturated Fat (g):</b>	80g	<b>Niacin (mg):</b>	22mg
<b>Monounsaturated Fat (g):</b>	81g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	98g	<b>Alcohol (kcal):</b>	0
<b>Cholesterol (mg):</b>	430mg	<b>% Refused:</b>	n n%
<b>Carbohydrate (g):</b>	7g	<b>Food Exchanges</b>	
<b>Dietary Fiber (g):</b>	trace	<b>Grain (Starch):</b>	0
<b>Protein (g):</b>	103g	<b>Lean Meat:</b>	14
<b>Sodium (mg):</b>	5480mg	<b>Vegetable:</b>	0
<b>Potassium (mg):</b>	1153mg	<b>Fruit:</b>	0
<b>Calcium (mg):</b>	271mg	<b>Non-Fat Milk:</b>	0
<b>Iron (mg):</b>	8mg	<b>Fat:</b>	30 1/2

Zinc (mg): 3mg  
 Vitamin C (mg): 5mg  
 Vitamin A (i.u.): 4254IU  
 Vitamin A (r.e.): 1216 1/2RE

Other Carbohydrates: 0

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## Nutrition Facts

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### Amount Per Serving

Calories 2902                      Calories from Fat: 2480

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### % Daily Values\*

<b>Total Fat</b> 286g	440%
Saturated Fat 80g	400%
<b>Cholesterol</b> 430mg	143%
<b>Sodium</b> 5480mg	228%
<b>Total Carbohydrates</b> 7g	2%
Dietary Fiber trace	0%
<b>Protein</b> 103g	
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<b>Vitamin A</b>	85%
<b>Vitamin C</b>	8%
<b>Calcium</b>	27%
<b>Iron</b>	43%

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