

Smoked Salmon Dip III

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Servings: 8

Yield: 2 cups

1 package (8 ounce) cream cheese
1/4 cup sour cream
1/4 cup mayonnaise
1 tablespoon fresh lemon juice
2 tablespoons capers, drained
1/4 teaspoon hot sauce
4 ounces smoked salmon, roughly chopped
2 tablespoons fresh dill, chopped
2 tablespoons fresh chives, chopped
salt (to taste)
crackers
bagel chips

In a food processor or blender, combine the cream cheese, sour cream, mayonnaise, lemon juice, capers and hot sauce. Pulse until blended.

Add the salmon, dill and chives. Pulse until the salmon is finely chopped. Add salt to taste.

Serve at room temperature with crackers or bagel chips.

TIP: You can make this dip a few days ahead of time and store in the refrigerator. Let it sit for 30 minutes at room temperature before serving.

Per Serving (excluding unknown items): 184 Calories; 18g Fat (86.4% calories from fat); 5g Protein; 1g Carbohydrate; trace Dietary Fiber; 41mg Cholesterol; 263mg Sodium. Exchanges: 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 0 Non-Fat Milk; 2 1/2 Fat; 0 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	184	Vitamin B6 (mg):	.1mg
% Calories from Fat:	86.4%	Vitamin B12 (mcg):	.6mcg
% Calories from Carbohydrates:	2.7%	Thiamin B1 (mg):	trace
% Calories from Protein:	10.9%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	18g	Folacin (mcg):	7mcg
Saturated Fat (g):	8g	Niacin (mg):	1mg
Monounsaturated Fat (g):	5g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	3g	Alcohol (kcal):	0
Cholesterol (mg):	41mg	% Refuse:	0.0%
Carbohydrate (g):	1g		

Food Exchanges

Dietary Fiber (g): trace
Protein (g): 5g
Sodium (mg): 263mg
Potassium (mg): 79mg
Calcium (mg): 35mg
Iron (mg): 1mg
Zinc (mg): trace
Vitamin C (mg): 2mg
Vitamin A (i.u.): 547IU
Vitamin A (r.e.): 153 1/2RE

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

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 184 **Calories from Fat:** 159

% Daily Values*

Total Fat	18g	28%
Saturated Fat	8g	41%
Cholesterol	41mg	14%
Sodium	263mg	11%
Total Carbohydrates	1g	0%
Dietary Fiber	trace	0%
Protein	5g	

Vitamin A	11%
Vitamin C	3%
Calcium	4%
Iron	3%

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