

# Creamy Salmon Dip

*The Essential Appetizers Cookbook (1999)*

*Whitecap Books*

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

*6 1/2 ounces cream cheese*  
*3 1/2 ounces smoked salmon,*  
*chopped*  
*5 tablespoons cream*  
*pepper (to taste)*  
*chopped chives (for garnish)*

In a food processor, mix the cream cheese, salmon and cream. Process until smooth.

Season with pepper.

Sprinkle with chives for garnish.

Keep refrigerated until ready to use.

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Per Serving (excluding unknown items): 941 Calories; 87g Fat (82.6% calories from fat); 34g Protein; 7g Carbohydrate; 0g Dietary Fiber; 290mg Cholesterol; 1350mg Sodium. Exchanges: 4 1/2 Lean Meat; 15 1/2 Fat.

Appetizers

## **Per Serving Nutritional Analysis**

|                                       |        |                            |        |
|---------------------------------------|--------|----------------------------|--------|
| <b>Calories (kcal):</b>               | 941    | <b>Vitamin B6 (mg):</b>    | .4mg   |
| <b>% Calories from Fat:</b>           | 82.6%  | <b>Vitamin B12 (mcg):</b>  | 4.2mcg |
| <b>% Calories from Carbohydrates:</b> | 3.2%   | <b>Thiamin B1 (mg):</b>    | .1mg   |
| <b>% Calories from Protein:</b>       | 14.3%  | <b>Riboflavin B2 (mg):</b> | .6mg   |
| <b>Total Fat (g):</b>                 | 87g    | <b>Folacin (mcg):</b>      | 28mcg  |
| <b>Saturated Fat (g):</b>             | 53g    | <b>Niacin (mg):</b>        | 5mg    |
| <b>Monounsaturated Fat (g):</b>       | 26g    | <b>Caffeine (mg):</b>      | 0mg    |
| <b>Polyunsaturated Fat (g):</b>       | 4g     | <b>Alcohol (kcal):</b>     | 0      |
| <b>Cholesterol (mg):</b>              | 290mg  | <b>% Refused:</b>          | n n%   |
| <b>Carbohydrate (g):</b>              | 7g     | <b>Food Exchanges</b>      |        |
| <b>Dietary Fiber (g):</b>             | 0g     | <b>Grain (Starch):</b>     | 0      |
| <b>Protein (g):</b>                   | 34g    | <b>Lean Meat:</b>          | 4 1/2  |
| <b>Sodium (mg):</b>                   | 1350mg | <b>Vegetable:</b>          | 0      |
| <b>Potassium (mg):</b>                | 479mg  | <b>Fruit:</b>              | 0      |
| <b>Calcium (mg):</b>                  | 226mg  | <b>Non-Fat Milk:</b>       | 0      |

**Iron (mg):** 3mg  
**Zinc (mg):** 1mg  
**Vitamin C (mg):** 1mg  
**Vitamin A (i.u.):** 3420IU  
**Vitamin A (r.e.):** 991 1/2RE

**Fat:** 15 1/2  
**Other Carbohydrates:** 0

## Nutrition Facts

### Amount Per Serving

**Calories** 941                      **Calories from Fat:** 777

### % Daily Values\*

|                            |        |      |
|----------------------------|--------|------|
| <b>Total Fat</b>           | 87g    | 134% |
| Saturated Fat              | 53g    | 265% |
| <b>Cholesterol</b>         | 290mg  | 97%  |
| <b>Sodium</b>              | 1350mg | 56%  |
| <b>Total Carbohydrates</b> | 7g     | 2%   |
| Dietary Fiber              | 0g     | 0%   |
| <b>Protein</b>             | 34g    |      |
| <b>Vitamin A</b>           |        | 68%  |
| <b>Vitamin C</b>           |        | 1%   |
| <b>Calcium</b>             |        | 23%  |
| <b>Iron</b>                |        | 17%  |

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