

Fish Dip

Mike Holiday - Fort Pierce, FL
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8 ounces cream cheese, softened
1 1/2 pounds smoked fish
(preferably wahoo)
garlic powder
onion powder
Louisiana hot sauce

Use a fork to separate the smoked fish.

Mix the cream cheese and smoked fish into a thick paste.

Blend in the garlic powder, onion powder and hot sauce to taste.

Serve with crackers.

Plenty of hot sauce will spice up this dip, which needs plenty of crackers.

Per Serving (excluding unknown items): 792 Calories; 79g Fat (88.5% calories from fat); 17g Protein; 6g Carbohydrate; 0g Dietary Fiber; 249mg Cholesterol; 670mg Sodium. Exchanges: 2 1/2 Lean Meat; 14 1/2 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	792	Vitamin B6 (mg):	.1mg
% Calories from Fat:	88.5%	Vitamin B12 (mcg):	1.0mcg
% Calories from Carbohydrates:	3.0%	Thiamin B1 (mg):	trace
% Calories from Protein:	8.5%	Riboflavin B2 (mg):	.4mg
Total Fat (g):	79g	Folacin (mcg):	30mcg
Saturated Fat (g):	50g	Niacin (mg):	trace
Monounsaturated Fat (g):	22g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	3g	Alcohol (kcal):	0
Cholesterol (mg):	249mg	% Refuse:	0%
Carbohydrate (g):	6g	Food Exchanges	
Dietary Fiber (g):	0g	Grain (Starch):	0
Protein (g):	17g	Lean Meat:	2 1/2
Sodium (mg):	670mg	Vegetable:	0
Potassium (mg):	271mg	Fruit:	0

Calcium (mg): 181mg
Iron (mg): 3mg
Zinc (mg): 1mg
Vitamin C (mg): 0mg
Vitamin A (i.u.): 3236IU
Vitamin A (r.e.): 975RE

Non-Fat Milk: 0
Fat: 14 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 792 Calories from Fat: 700

% Daily Values*

Total Fat	79g		122%
Saturated Fat	50g		249%
Cholesterol	249mg		83%
Sodium	670mg		28%
Total Carbohydrates	6g		2%
Dietary Fiber	0g		0%
Protein	17g		

Vitamin A	65%
Vitamin C	0%
Calcium	18%
Iron	15%

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