

Lobster Dip

Sonia Uvezian

The International Appetizer Cookbook (1984)

Yield: 2 cups

1 ounce Roquefort or other blue cheese
8 ounces cream cheese, at room temperature
1/2 cup sour cream or unflavored yogurt
1 tablespoon freshly squeezed lemon juice, strained
2 tablespoons scallions (including two inches of green tops), finely chopped
1 tiny clove garlic, crushed and finely chopped
1 cup cooked lobster meat, finely diced
parsley or chives, finely chopped

In a medium bowl, mash the Roquefort with a fork. Add the cream cheese. Beat until well blended and smooth.

Add the sour cream, lemon juice, scallions and garlic. Mix thoroughly. Stir in the lobster meat. Taste and adjust the seasoning.

Transfer to a service bowl. Cover and chill.

Sprinkle with the parsley and serve with raw vegetables, crackers or potato chips.

For an attractive presentation, pile this dip into an empty lobster shell or tail.

Per Serving (excluding unknown items): 938 Calories; 80g Fat (76.3% calories from fat); 47g Protein; 9g Carbohydrate; trace Dietary Fiber; 353mg Cholesterol; 1222mg Sodium. Exchanges: 6 1/2 Lean Meat; 0 Vegetable; 14 1/2 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	938	Vitamin B6 (mg):	.2mg
% Calories from Fat:	76.3%	Vitamin B12 (mcg):	5.5mcg
% Calories from Carbohydrates:	3.8%	Thiamin B1 (mg):	trace
% Calories from Protein:	19.9%	Riboflavin B2 (mg):	.5mg
Total Fat (g):	80g	Folacin (mcg):	46mcg
Saturated Fat (g):	50g	Niacin (mg):	2mg
Monounsaturated Fat (g):	23g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	3g	Alcohol (kcal):	0
Cholesterol (mg):	353mg	% Refuse:	n n%
Carbohydrate (g):	9g		

Food Exchanges

Dietary Fiber (g): trace
Protein (g): 47g
Sodium (mg): 1222mg
Potassium (mg): 793mg
Calcium (mg): 275mg
Iron (mg): 3mg
Zinc (mg): 5mg
Vitamin C (mg): 1mg
Vitamin A (i.u.): 3363IU
Vitamin A (r.e.): 1013RE

Grain (Starch): 0
Lean Meat: 6 1/2
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 14 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 938 Calories from Fat: 716

% Daily Values*

Total Fat	80g		123%
Saturated Fat	50g		250%
Cholesterol	353mg		118%
Sodium	1222mg		51%
Total Carbohydrates	9g		3%
Dietary Fiber	trace		0%
Protein	47g		
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Vitamin A			67%
Vitamin C			2%
Calcium			28%
Iron			18%

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