

Simple Salmon Dip

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Yield: 1 1/4 cups

1 package (8 ounce) reduced-fat cream cheese
2 tablespoons canned chopped green chilies
1 1/2 teaspoons lemon juice
2 green onions, chopped and divided
2 ounces smoked salmon fillet
assorted crackers or toasted French bread baguettes

Preparation Time: 15 minutes

In a small bowl, mix the cream cheese, green chilies, lemon juice and half of the green onions.

Flake the salmon into small pieces. Stir into the cream cheese mixture.

Refrigerate, covered, for at least two hours before serving.

Top the dip with the remaining green onions. Serve with crackers.

Per Serving (excluding unknown items): 77 Calories; 5g Fat (57.3% calories from fat); 4g Protein; 5g Carbohydrate; 1g Dietary Fiber; 16mg Cholesterol; 164mg Sodium. Exchanges: 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 1/2 Fat; 1/2 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	77	Vitamin B6 (mg):	trace
% Calories from Fat:	57.3%	Vitamin B12 (mcg):	.2mcg
% Calories from Carbohydrates:	24.6%	Thiamin B1 (mg):	trace
% Calories from Protein:	18.1%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	5g	Folacin (mcg):	25mcg
Saturated Fat (g):	3g	Niacin (mg):	trace
Monounsaturated Fat (g):	1g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	16mg	% Daily Value*	n n%
Carbohydrate (g):	5g	Food Exchanges	
Dietary Fiber (g):	1g	Grain (Starch):	0

Protein (g): 4g
Sodium (mg): 164mg
Potassium (mg): 126mg
Calcium (mg): 62mg
Iron (mg): 1mg
Zinc (mg): trace
Vitamin C (mg): 9mg
Vitamin A (i.u.): 321IU
Vitamin A (r.e.): 73RE

Lean Meat: 1/2
Vegetable: 1/2
Fruit: 0
Non-Fat Milk: 0
Fat: 1/2
Other Carbohydrates: 1/2

Nutrition Facts

Amount Per Serving

Calories 77 Calories from Fat: 44

% Daily Values*

Total Fat	5g		8%
	Saturated Fat	3g	16%
Cholesterol	16mg		5%
Sodium	164mg		7%
Total Carbohydrates	5g		2%
	Dietary Fiber	1g	3%
Protein	4g		
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Vitamin A			6%
Vitamin C			15%
Calcium			6%
Iron			5%

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