

# Smoked Salmon Dip

*Cooking Light Test Kitchen Staff  
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**Servings: 8**

**Yield: 2 1/2 tablespoons per serving**

*1/2 cup plain nonfat Greek yogurt  
1/2 cup light sour cream  
2 ounces cold-smoked salmon, finely chopped  
2 tablespoons red onion, minced  
1 tablespoon capers, chopped  
1 tablespoon fresh dill, chopped  
seeded crackers*

In a bowl, combine the yogurt and sour cream.

Add the salmon, red onion, capers and dill to the mixture. Mix well to combine.

Serve with seeded crackers.

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Per Serving (excluding unknown items): 6 Calories; trace Fat (37.0% calories from fat); trace Protein; 1g Carbohydrate; trace Dietary Fiber; 1mg Cholesterol; 13mg Sodium. Exchanges: 0 Lean Meat; 0 Vegetable; 0 Fat; 0 Other Carbohydrates.

Appetizers

## Per Serving Nutritional Analysis

Calories (kcal):	6
% Calories from Fat:	37.0%
% Calories from Carbohydrates:	45.1%
% Calories from Protein:	17.9%
Total Fat (g):	trace
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	1mg
Carbohydrate (g):	1g
Dietary Fiber (g):	trace
Protein (g):	trace
Sodium (mg):	13mg

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	1mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

## Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0

**Potassium (mg):** 5mg  
**Calcium (mg):** 6mg  
**Iron (mg):** trace  
**Zinc (mg):** trace  
**Vitamin C (mg):** trace  
**Vitamin A (i.u.):** 5IU  
**Vitamin A (r.e.):** 1/2RE

**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 0  
**Other Carbohydrates:** 0

## Nutrition Facts

Servings per Recipe: 8

### Amount Per Serving

**Calories** 6 Calories from Fat: 2

#### % Daily Values\*

<b>Total Fat</b>	trace	0%
	Saturated Fat trace	1%
<b>Cholesterol</b>	1mg	0%
<b>Sodium</b>	13mg	1%
<b>Total Carbohydrates</b>	1g	0%
	Dietary Fiber trace	0%
<b>Protein</b>	trace	

<b>Vitamin A</b>		0%
<b>Vitamin C</b>		0%
<b>Calcium</b>		1%
<b>Iron</b>		0%

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