

# Smoked Salmon and Avocado Dip

Sonia Uvezian

*The International Appetizer Cookbook (1984)*

## Yield: 1 1/2 cups

*1/2 pound smoked salmon, shredded*

*3 ounces cream cheese, room*

*temperature*

*1/3 cup ripe avocado, mashed*

*2 tablespoons heavy cream (or as needed)*

*1 tablespoon freshly squeezed and strained, lemon juice*

*1/4 teaspoon green peppercorns, crushed and drained*

*salt (to taste)*

*freshly ground pepper (to taste)*

*whole green peppercorns (garnish)*

Place the salmon and cream cheese in the container of an electric blender. Blend until smooth. Transfer to a bowl.

Add the avocado, heavy cream, lemon juice, crushed peppercorns, salt and pepper. Mix well. Taste and adjust the seasoning.

Transfer to a serving bowl. Cover and chill.

Garnish with the whole peppercorns.

Serve with slices of apple and pear and crackers.

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Per Serving (excluding unknown items): 566 Calories; 40g Fat (63.4% calories from fat); 48g Protein; 3g Carbohydrate; trace Dietary Fiber; 146mg Cholesterol; 2032mg Sodium. Exchanges: 0 Grain(Starch); 6 1/2 Lean Meat; 5 1/2 Fat.

## Appetizers

### Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	566	<b>Vitamin B6 (mg):</b>	.7mg
<b>% Calories from Fat:</b>	63.4%	<b>Vitamin B12 (mcg):</b>	7.8mcg
<b>% Calories from Carbohydrates:</b>	2.3%	<b>Thiamin B1 (mg):</b>	trace
<b>% Calories from Protein:</b>	34.3%	<b>Riboflavin B2 (mg):</b>	.4mg
<b>Total Fat (g):</b>	40g	<b>Folacin (mcg):</b>	16mcg
<b>Saturated Fat (g):</b>	21g	<b>Niacin (mg):</b>	11mg
<b>Monounsaturated Fat (g):</b>	13g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	3g	<b>Alcohol (kcal):</b>	0
<b>Cholesterol (mg):</b>	146mg	<b>% Refuse:</b>	0.0%
<b>Carbohydrate (g):</b>	3g		

### Food Exchanges

**Dietary Fiber (g):** trace  
**Protein (g):** 48g  
**Sodium (mg):** 2032mg  
**Potassium (mg):** 517mg  
**Calcium (mg):** 99mg  
**Iron (mg):** 3mg  
**Zinc (mg):** 1mg  
**Vitamin C (mg):** trace  
**Vitamin A (i.u.):** 1416IU  
**Vitamin A (r.e.):** 425RE

**Grain (Starch):** 0  
**Lean Meat:** 6 1/2  
**Vegetable:** 0  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 5 1/2  
**Other Carbohydrates:** 0

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## Nutrition Facts

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### Amount Per Serving

**Calories** 566                      **Calories from Fat:** 359

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### % Daily Values\*

<b>Total Fat</b> 40g	61%
Saturated Fat 21g	104%
<b>Cholesterol</b> 146mg	49%
<b>Sodium</b> 2032mg	85%
<b>Total Carbohydrates</b> 3g	1%
Dietary Fiber trace	2%
<b>Protein</b> 48g	
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<b>Vitamin A</b>	28%
<b>Vitamin C</b>	1%
<b>Calcium</b>	10%
<b>Iron</b>	19%

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