

Smoked Salmon Spread

Sonia Uvezian

The International Appetizer Cookbook (1984)

Yield: 1 cup

1/2 pound smoked salmon, chopped

6 ounces cream cheese, room

temperature

1 tablespoon onion, grated

1 tablespoon lemon juice (or to taste),

freshly squeezed and strained

salt (to taste)

freshly ground black pepper (to taste)

2 tablespoons fresh dill, finely chopped

Place the salmon, cream cheese, onion, lemon juice, salt and pepper in the container of a blender. Blend until smooth.

Add the dill and blend until well mixed.

Transfer to a serving bowl. Cover and chill.

Serve with dark rye or pumpernickle bread or Scandinavian crispbread.

Per Serving (excluding unknown items): 864 Calories; 69g Fat (72.2% calories from fat); 54g Protein; 5g Carbohydrate; trace Dietary Fiber; 239mg Cholesterol; 2283mg Sodium. Exchanges: 7 1/2 Lean Meat; 0 Vegetable; 11 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	864	Vitamin B6 (mg):	.7mg
% Calories from Fat:	72.2%	Vitamin B12 (mcg):	8.1mcg
% Calories from Carbohydrates:	2.5%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	25.3%	Riboflavin B2 (mg):	.5mg
Total Fat (g):	69g	Folacin (mcg):	30mcg
Saturated Fat (g):	39g	Niacin (mg):	11mg
Monounsaturated Fat (g):	21g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	4g	Alcohol (kcal):	0
Cholesterol (mg):	239mg	% Refused:	n n%
Carbohydrate (g):	5g	Food Exchanges	
Dietary Fiber (g):	trace	Grain (Starch):	0
Protein (g):	54g	Lean Meat:	7 1/2
Sodium (mg):	2283mg	Vegetable:	0

Potassium (mg): 624mg
Calcium (mg): 165mg
Iron (mg): 4mg
Zinc (mg): 2mg
Vitamin C (mg): 2mg
Vitamin A (i.u.): 2713IU
Vitamin A (r.e.): 799RE

Fruit: 0
Non-Fat Milk: 0
Fat: 11
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 864 **Calories from Fat:** 623

% Daily Values*

Total Fat 69g	106%
Saturated Fat 39g	197%
Cholesterol 239mg	80%
Sodium 2283mg	95%
Total Carbohydrates 5g	2%
Dietary Fiber trace	1%
Protein 54g	
Vitamin A	54%
Vitamin C	3%
Calcium	17%
Iron	23%

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