

# EASY SMOKED SALMON DIP

## INGREDIENTS:

- 8 ounces reduced-fat cream cheese
- 4-6 ounces smoked salmon, flaked
- 2 tablespoons capers
- 1 teaspoon dried dill or 1 tablespoon fresh dill, chopped
- 1/4 cup reduced-fat sour cream
- 1 tablespoon lemon juice
- 1/4 teaspoon Worcestershire sauce
- 1/2 teaspoon horseradish (optional)
- Salt and pepper to taste
- 1 tablespoon chives, chopped
- 2-3 tablespoons milk, as needed

## DIRECTIONS

1. Put all ingredients in a large bowl. Stir until evenly mixed. Add enough milk to make the right consistency. Spoon into serving dish.
2. Cover and refrigerate for 30 minutes before serving. Enjoy with veggies or whole wheat crackers.

## Nutrition Facts

Serving Size 1/4 cup (40g)  
Servings Per Container 12

Amount Per Serving

**Calories 40**      **Calories from Fat 5**

% Daily Value\*

**Total Fat 0.5g**      **1%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol 15mg**      **5%**

**Sodium 240mg**      **10%**

**Total Carbohydrate 2g**      **1%**

Dietary Fiber 0g      **0%**

Sugars 1g

**Protein 7g**

Vitamin A 8%      • Vitamin C 0%

Calcium 10%      • Iron 2%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

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