U.S. Cream Cheese and Smoked Salmon Dip

Cream cheese and sour cream add a creamy balance to the full flavored Smoked Salmon.

INGREDIENTS

(Serves 4 - 6)

U.S. Cream Cheese	**240g**
U.S. Sour Cream	**120g**
Lemon Juice	15ml
Fresh Dill, chopped	6g
White Onion, finely minced	25g
Cayenne Sauce (Tabasco or similar)	As desired
Salt	2g
Black Pepper, freshly ground	1g
Hot-Smoked Salmon (not Lox/cured), diced	120g
Capers	16g

NUTRITIONAL CONTENT

U.S. Label

Nutrition Facts

Serving Size (100g)
Servings Per Container

Amount Per Serving

Calories 220   Calories from Fat 180

	% Daily Value*
Total Fat 20g	**31**%
Saturated Fat 11g	**55**%
Trans Fat 0.5g	
Cholesterol 65mg	**22**%
Sodium 560mg	**23**%
Total Carbohydrate 3g	**1**%
Dietary Fiber 0g	**0**%
Sugars 2g	
Protein 7g	

Vitamin A 15%	•	Vitamin C 4%
Calcium 8%	•	Iron 4%

*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

Per 100g

Calories	223kcal
Total Fat	20g
Saturated Fat	11g
Trans Fat	1g
Cholesterol	65mg
Total Carbohydrates	3g
Dietary Fiber	0g
Sugars	2g
Protein	7g
Calcium	75mg
Magnesium	12mg
Phosphorus	111mg
Potassium	149mg
Sodium	562mg
Iron	1mg
Vitamin A	838IU
Vitamin C	2mg

PREPARATION

1. **Add cream cheese to food processor and pulse to soften.**
2. **Add sour cream, lemon juice, dill, onions, cayenne sauce, salt & pepper and combine on medium speed.**
3. **Fold in diced salmon and capers.**
4. **Serve with crusty bread.**

Rely on the dynamic lineup of U.S. dairy products to meet consumer demand for tasty and nutritious foods. The U.S. Dairy Export Council (USDEC) offers resources on ThinkUSAdairy.org, including a dairy ingredient supplier search, consumer, nutrition and product research, technical insights and recipe ideas to help develop your next successful menu item.

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