

Smoked Salmon Dip | RecipeTin Eats

A wonderful dip to impress! It has a beautiful smoked salmon flavour, it's soft and creamy, with a fabulous fresh lemon and dill flavour. Store bought is completely incomparable - typically too hard, too sour and the smoked salmon flavour is barely there plus probably not real because real smoked salmon has a shelf life of only 3 to 5 days once opened! Makes 2 cups. Recipe VIDEO below.

1. These can be substituted with Greek Yoghurt for a slightly lighter version.

2. Hellman's or S&W Whole Egg mayonnaise are my favourite.

3. Storage: Keeps for as long as the shelf life of the salmon (read packet for when it needs to be consumed once opened).

After 2+ days, it may need a little freshening up with more lemon. :) It firms up when refrigerated, so bring to room temperature, give it a stir then serve - it should be soft and scoopable (see video).

4. Nutrition per serving, assuming 10 servings. This recipe makes 2 cups of dip.

Nutrition Facts	
Smoked Salmon Dip	
Serving Size: <input type="text" value="1"/> Serving (55g)	
Amount Per Serving	
Calories 145	Calories from Fat 119
% Daily Value*	
Total Fat 13g	20%
Saturated Fat 5.5g	28%
Trans Fat 0.1g	
Polyunsaturated Fat 3.2g	
Monounsaturated Fat 3.4g	
Cholesterol 30mg	10%
Sodium 507mg	21%
Potassium 75mg	2%
Total Carbohydrates 1.7g	1%
Dietary Fiber 0.1g	0%
Sugars 1g	
Protein 5.1g	
Vitamin A	5.7%
Vitamin C	1.8%
Calcium	2.9%
Iron	1.3%

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