



Grilled Smoked Salmon Pizza

READY IN



10 min.

SERVINGS



8

CALORIES



531 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons capers drained
- ☐ 8 servings flour all-purpose
- ☐ 0.3 cup chives fresh
- ☐ 8 servings lemon wedges
- ☐ 1.5 cups mascarpone cheese
- ☐ 8 servings olive oil extra-virgin
- ☐ 1 pound pizza dough prepared at room temperature
- ☐ 0.8 pound salmon smoked thinly sliced

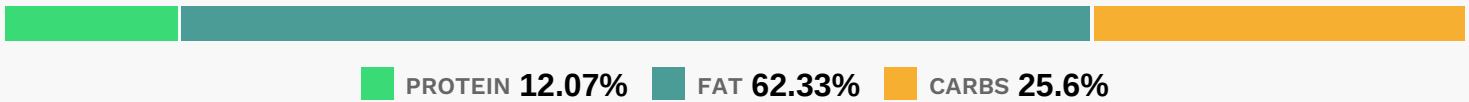
Equipment

- ☐ baking sheet
- ☐ baking paper
- ☐ grill

Directions

- ☐ Cut dough into 2 pieces, and dust lightly with flour.
- ☐ Roll out one piece on a well-floured surface, forming a circle about 6 or 7 inches in diameter. (Leave crust a bit thicker around the edges to form a rim.)
- ☐ Place on a piece of lightly oiled parchment paper for easy transfer to the grill. Repeat with second round of dough.
- ☐ Brush one side of each dough round with olive oil, and place, oil sides down, on well-oiled grill grate. Close lid, and grill 1 to 2 minutes or until bottom sides are browned and crisp. (Check dough after 1 minute.) Lightly brush tops of dough with oil, and turn. Close lid, and grill about 1 to 1 1/2 minutes, checking after about 45 seconds.
- ☐ Remove dough to a cookie sheet or large flat serving platter.
- ☐ Spread grilled dough pieces evenly with mascarpone cheese. Top with smoked salmon, and sprinkle with capers and fresh chives. (Pizzas can be served immediately or placed on grill for 30 to 45 seconds, with lid closed, to warm toppings.)
- ☐ Serve pizzas with lemon wedges.

Nutrition Facts



Properties

Glycemic Index:18.19, Glycemic Load:4.17, Inflammation Score:-5, Nutrition Score:9.7669564952021%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg

0.08mg, Isorhamnetin: 0.08mg Kaempferol: 4.07mg, Kaempferol: 4.07mg, Kaempferol: 4.07mg, Kaempferol: 4.07mg Quercetin: 5.25mg, Quercetin: 5.25mg, Quercetin: 5.25mg, Quercetin: 5.25mg

Nutrients (% of daily need)

Calories: 531.49kcal (26.57%), Fat: 36.69g (56.45%), Saturated Fat: 14.6g (91.23%), Carbohydrates: 33.91g (11.3%), Net Carbohydrates: 32.7g (11.89%), Sugar: 3.6g (4%), Cholesterol: 51.97mg (17.32%), Sodium: 850.09mg (36.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.99g (31.98%), Vitamin D: 7.27µg (48.48%), Selenium: 16.37µg (23.39%), Vitamin B12: 1.39µg (23.1%), Vitamin E: 2.63mg (17.5%), Vitamin A: 686.39IU (13.73%), Iron: 2.39mg (13.3%), Vitamin B3: 2.48mg (12.39%), Vitamin K: 11.89µg (11.33%), Phosphorus: 79.02mg (7.9%), Calcium: 67.62mg (6.76%), Vitamin B6: 0.12mg (6.24%), Copper: 0.12mg (6.11%), Vitamin B2: 0.09mg (5.05%), Fiber: 1.21g (4.83%), Vitamin B1: 0.07mg (4.7%), Folate: 16.69µg (4.17%), Vitamin B5: 0.41mg (4.1%), Manganese: 0.07mg (3.28%), Magnesium: 10.9mg (2.72%), Potassium: 88.86mg (2.54%), Vitamin C: 1.39mg (1.68%), Zinc: 0.2mg (1.34%)