



Mini Smoked Salmon Pizzas

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



48 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tablespoon capers
- 48 pieces chive (1/2-inch)
- 1 teaspoon optional: dill fresh chopped
- 0.5 teaspoon lemon rind grated
- 4 ounces neufchâtel cheese
- 24 gyoza skins
- 2 tablespoons onion red finely chopped
- 4 ounce cold-smoked salmon

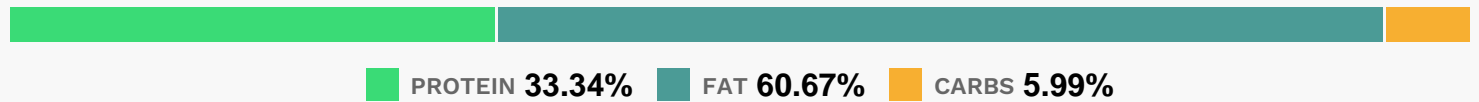
Equipment

- baking sheet
- oven

Directions

- Preheat oven to 40
- Arrange wrappers in a single layer on 2 baking sheets. Lightly coat wrappers with cooking spray.
- Bake at 400 for 6 minutes or until crisp; cool.
- Cut each salmon slice into 6 equal portions.
- Combine cheese and next 4 ingredients (through rind), stirring well.
- Spread 1 teaspoon cheese mixture on each wrapper; top each with 1 salmon piece.
- Garnish each with 2 chive pieces.

Nutrition Facts



Properties

Glycemic Index:9.5, Glycemic Load:0.16, Inflammation Score:-2, Nutrition Score:2.6843478290931%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg Kaempferol: 1.29mg, Kaempferol: 1.29mg, Kaempferol: 1.29mg, Kaempferol: 1.29mg Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg

Nutrients (% of daily need)

Calories: 47.91kcal (2.4%), Fat: 3.22g (4.95%), Saturated Fat: 1.52g (9.53%), Carbohydrates: 0.72g (0.24%), Net Carbohydrates: 0.56g (0.2%), Sugar: 0.45g (0.5%), Cholesterol: 11.07mg (3.69%), Sodium: 161.07mg (7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.98g (7.96%), Vitamin D: 1.62µg (10.77%), Vitamin K: 8.86µg (8.44%), Vitamin B12: 0.34µg (5.61%), Vitamin A: 264.45IU (5.29%), Selenium: 3.4µg (4.85%), Vitamin C: 2.6mg (3.15%), Phosphorus: 31.42mg (3.14%), Vitamin B3: 0.5mg (2.49%), Vitamin B6: 0.04mg (1.9%), Vitamin B2: 0.03mg (1.78%), Calcium: 17.15mg (1.72%), Copper: 0.03mg (1.69%), Folate: 6.21µg (1.55%), Vitamin B5: 0.15mg (1.52%), Potassium: 45.64mg (1.3%), Vitamin E: 0.18mg (1.2%), Magnesium: 4.73mg (1.18%), Iron: 0.19mg (1.06%), Manganese: 0.02mg

(1.02%)