



Smoked Salmon & Dill Pizza

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



191 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 servings beef base
- 1 pound dough fresh
- 1 tablespoon optional: dill fresh chopped
- 1 tablespoon juice of lemon fresh
- 0.3 cup onion red thinly sliced
- 4 ounces salmon smoked sliced
- 8 servings frangelico
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Equipment

oven

Directions

- Roll dough into a 14-inch base
- Add ingredients to dough base
- Bake according to package directions
- Cut into 8 slices each

Nutrition Facts



PROTEIN 14.69% **FAT 19.56%** **CARBS 65.75%**

Properties

Glycemic Index:10, Glycemic Load:11.06, Inflammation Score:-3, Nutrition Score:7.5369564800159%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg

Nutrients (% of daily need)

Calories: 190.92kcal (9.55%), Fat: 4.07g (6.26%), Saturated Fat: 0.99g (6.18%), Carbohydrates: 30.74g (10.25%), Net Carbohydrates: 29.54g (10.74%), Sugar: 0.58g (0.64%), Cholesterol: 3.3mg (1.1%), Sodium: 625.3mg (27.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.87g (13.74%), Selenium: 18.11µg (25.88%), Vitamin B1: 0.32mg (21.04%), Vitamin D: 2.42µg (16.16%), Vitamin B3: 3.02mg (15.11%), Manganese: 0.29mg (14.28%), Folate: 52.22µg (13.05%), Vitamin B2: 0.21mg (12.49%), Iron: 1.98mg (11.01%), Vitamin B12: 0.47µg (7.87%), Phosphorus: 70.14mg (7.01%), Fiber: 1.2g (4.79%), Copper: 0.09mg (4.64%), Vitamin B6: 0.07mg (3.37%), Magnesium: 12.36mg (3.09%), Vitamin B5: 0.31mg (3.08%), Potassium: 82.83mg (2.37%), Zinc: 0.34mg (2.24%), Vitamin E: 0.24mg (1.61%), Vitamin C: 1.26mg (1.53%), Vitamin K: 1.46µg (1.39%), Calcium: 10.15mg (1.01%)