



Smoked salmon flatbreads

READY IN



8 min.

SERVINGS



8

CALORIES



186 kcal

Ingredients

- ☐ 300 g uncook pizza crust thin (we used Napolina)
- ☐ 100 g mascarpone cheese
- ☐ 120 g salmon smoked
- ☐ 1 small onion red very finely chopped
- ☐ 3 optional: dill snipped
- ☐ 2 tsp caper

Equipment

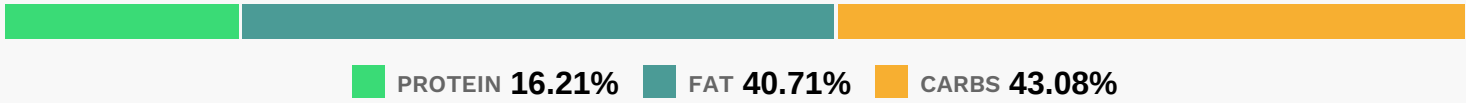
- ☐ frying pan
- ☐ oven

- ☐ microwave
- ☐ kitchen scissors

Directions

- ☐ Briefly heat the pizza bases in the oven, microwave or in a dry frying pan. Season the mascarpone and spread onto the bases.
- ☐ Just before serving, scatter over the salmon, red onion, dill and capers, then grind over some black pepper. Put on a board and cut into lengths with a pizza wheel or scissors.

Nutrition Facts



Properties

Glycemic Index:5.25, Glycemic Load:0.29, Inflammation Score:-2, Nutrition Score:3.1999999713962%

Flavonoids

Isorhamnetin: 0.85mg, Isorhamnetin: 0.85mg, Isorhamnetin: 0.85mg, Isorhamnetin: 0.85mg Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.86mg, Quercetin: 3.86mg, Quercetin: 3.86mg, Quercetin: 3.86mg

Nutrients (% of daily need)

Calories: 185.6kcal (9.28%), Fat: 8.3g (12.77%), Saturated Fat: 4.51g (28.16%), Carbohydrates: 19.76g (6.59%), Net Carbohydrates: 18.94g (6.89%), Sugar: 1.15g (1.28%), Cholesterol: 20.75mg (6.92%), Sodium: 226.96mg (9.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.44g (14.87%), Vitamin B12: 0.48µg (7.95%), Selenium: 5.55µg (7.93%), Vitamin B6: 0.14mg (7%), Iron: 1.2mg (6.68%), Vitamin B3: 1.2mg (6.02%), Calcium: 57.53mg (5.75%), Vitamin A: 210.91IU (4.22%), Vitamin B2: 0.06mg (3.68%), Phosphorus: 34.28mg (3.43%), Fiber: 0.82g (3.3%), Potassium: 96.54mg (2.76%), Vitamin B1: 0.04mg (2.7%), Vitamin B5: 0.27mg (2.68%), Copper: 0.05mg (2.26%), Folate: 7.04µg (1.76%), Vitamin C: 1.36mg (1.65%), Magnesium: 6.1mg (1.52%), Manganese: 0.03mg (1.26%)