



Smoked Salmon Pizza

READY IN



10 min.

SERVINGS



8

CALORIES



979 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons capers drained
- 2 tablespoons dill leaves fresh snipped chopped
- 0.3 cucumber english thinly sliced
- 0.5 juice of lemon juiced
- 12 inch crust pizza shell prepared thin
- 0.3 onion red finely chopped
- 0.3 pound nova scotia salmon smoked thinly sliced
- 0.5 cup cup heavy whipping cream sour

Equipment

- bowl
- frying pan
- oven
- pizza pan

Directions

- Preheat oven to 400 degrees F.
- Crisp pizza crust 5 minutes on perforated pizza pan or on oven rack.
- While pizza crust is in oven, mix sour cream with lemon juice and dill in a small bowl.
- Remove pizza shell from oven and let stand until cool to the touch. You have a pocket of time here to work on other recipes.
- On cool, crisp pizza shell, spread the sour cream-dill sauce in an even layer. Evenly distribute sliced smoked salmon, working all the way to the edges.
- Top pizza with sliced cucumber, red onion, and capers.
- To serve, cut pizza in 1/2
- Cut each 1/2 in 1/2 again, 4 cuts across. Turn the pan a 1/4 turn and slice into quarters, making 16 cuts.

Nutrition Facts



PROTEIN 14.29% **FAT 17.59%** **CARBS 68.12%**

Properties

Glycemic Index:5.25, Glycemic Load:0.07, Inflammation Score:-1, Nutrition Score:8.1321739295255%

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: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 3.99mg, Kaempferol: 3.99mg, Kaempferol: 3.99mg, Kaempferol: 3.99mg Quercetin: 5.94mg, Quercetin: 5.94mg, Quercetin: 5.94mg, Quercetin: 5.94mg

Nutrients (% of daily need)

Calories: 979.02kcal (48.95%), Fat: 19.04g (29.29%), Saturated Fat: 9.34g (58.35%), Carbohydrates: 165.96g (55.32%), Net Carbohydrates: 160.63g (58.41%), Sugar: 5.97g (6.63%), Cholesterol: 12.83mg (4.28%), Sodium: 2033.82mg (88.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.8g (69.6%), Iron: 9.48mg (52.68%), Calcium: 328.56mg (32.86%), Vitamin D: 3.23µg (21.55%), Fiber: 5.33g (21.31%), Vitamin B12: 0.65µg (10.77%), Selenium: 6.74µg (9.63%), Vitamin B3: 0.94mg (4.71%), Phosphorus: 45.68mg (4.57%), Vitamin B6: 0.07mg (3.4%), Copper: 0.06mg (3.15%), Vitamin B2: 0.05mg (3.06%), Vitamin A: 127.88IU (2.56%), Vitamin B5: 0.24mg (2.45%), Vitamin K: 2.52µg (2.4%), Vitamin E: 0.34mg (2.28%), Potassium: 73.71mg (2.11%), Vitamin C: 1.59mg (1.92%), Magnesium: 7.56mg (1.89%), Manganese: 0.02mg (1.02%)