



Smoked Salmon Pizza

READY IN

ready

20 min.

SERVINGS

servings

8

CALORIES

calories

267 kcal

- ANTIPASTI
- STARTER
- SNACK
- APPETIZER

Ingredients

- ☐ 3 tablespoons capers chopped
- ☐ 8 ounces cream cheese soft
- ☐ 0.3 cup chives fresh chopped
- ☐ 2 tablespoons sea salt
- ☐ 1 pre-baked 2-inch diameter pizza shell (recommended: Boboli)
- ☐ 6 ounces salmon smoked sliced

Equipment

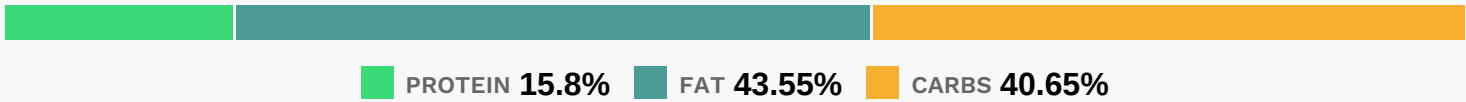
- ☐ baking sheet

☐ oven

Directions

- ☐ Preheat oven to 350 degrees F.
- ☐ Place pizza shell on a baking sheet.
- ☐ Spread cream cheese over entire surface of pizza shell.
- ☐ Sprinkle with garlic powder and lay salmon slices on top.
- ☐ Bake until cream cheese melts and salmon is golden. Top with chives and capers.

Nutrition Facts



Properties

Glycemic Index:9.63, Glycemic Load:0.5, Inflammation Score:-4, Nutrition Score:5.9091304644294%

Flavonoids

Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 4.11mg, Kaempferol: 4.11mg, Kaempferol: 4.11mg, Kaempferol: 4.11mg Quercetin: 5.26mg, Quercetin: 5.26mg, Quercetin: 5.26mg, Quercetin: 5.26mg

Nutrients (% of daily need)

Calories: 266.91kcal (13.35%), Fat: 12.97g (19.95%), Saturated Fat: 7.06g (44.14%), Carbohydrates: 27.24g (9.08%), Net Carbohydrates: 26.17g (9.52%), Sugar: 1.91g (2.12%), Cholesterol: 33.52mg (11.17%), Sodium: 602.53mg (26.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.59g (21.17%), Vitamin D: 3.64µg (24.24%), Selenium: 9.86µg (14.08%), Vitamin B12: 0.76µg (12.59%), Iron: 1.75mg (9.71%), Vitamin A: 475.92IU (9.52%), Calcium: 79.15mg (7.91%), Phosphorus: 74.75mg (7.48%), Vitamin B2: 0.1mg (5.62%), Vitamin B6: 0.11mg (5.55%), Vitamin B3: 1.08mg (5.38%), Vitamin K: 4.91µg (4.68%), Fiber: 1.07g (4.26%), Copper: 0.08mg (3.93%), Vitamin E: 0.57mg (3.83%), Vitamin B5: 0.37mg (3.68%), Potassium: 104.62mg (2.99%), Magnesium: 9.61mg (2.4%), Zinc: 0.29mg (1.91%), Manganese: 0.03mg (1.74%), Folate: 6.36µg (1.59%), Vitamin B1: 0.02mg (1.46%), Vitamin C: 1.12mg (1.36%)