



Smoked Salmon Pizza

 Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



164 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon capers
- ☐ 5 servings garnish: dill fresh
- ☐ 1 tablespoon optional: dill fresh chopped
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.3 cup onion red sliced
- ☐ 5 servings pizza dough refrigerated
- ☐ 3 ounces salmon smoked sliced

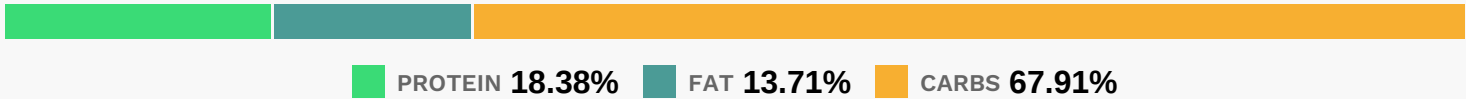
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ rolling pin

Directions

- ☐ Prick prepared dough (see "All About Dough" below) with fork.
- ☐ Bake at 450 for 1012 minutes or until crisp.
- ☐ Transfer to rack.
- ☐ Combine cream cheese with chopped fresh dill and lemon juice.
- ☐ Spread mixture on crust. Top with smoked salmon, capers, and sliced red onion.
- ☐ Garnish with fresh dill, if desired.
- ☐ Cut into 5 slices; serve.
- ☐ All About Dough
- ☐ Where to buy it: You can get refrigerated pizza dough at your local pizzeria or supermarket (Trader Joe's, Whole Foods, and Albertsons make great ones).
- ☐ Let dough sit at room temperature for 15 minutes before rolling it out, and arrange your oven rack at the lowest position. Then follow these directions, add toppings, and bake.
- ☐ Pizza prep: Preheat oven to 45
- ☐ Roll out 1 (1-pound) whole-wheat or regular store-bought pizza dough on a lightly floured surface with a floured rolling pin into a 13-inch round or 13- x 12-inch rectangle. Lightly spray a large baking sheet with olive oil; sprinkle with cornmeal.
- ☐ Transfer dough to prepared sheet.
- ☐ Roll up sides 1-inch to form a rim.

Nutrition Facts



Properties

Glycemic Index:11.4, Glycemic Load:0.17, Inflammation Score:-1, Nutrition Score:3.3408695239088%

Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.48mg, Isorhamnetin: 0.48mg, Isorhamnetin: 0.48mg, Isorhamnetin: 0.48mg Kaempferol: 2.18mg, Kaempferol: 2.18mg, Kaempferol: 2.18mg, Kaempferol: 2.18mg Quercetin: 4.5mg, Quercetin: 4.5mg, Quercetin: 4.5mg, Quercetin: 4.5mg

Nutrients (% of daily need)

Calories: 164.43kcal (8.22%), Fat: 2.53g (3.9%), Saturated Fat: 0.61g (3.78%), Carbohydrates: 28.23g (9.41%), Net Carbohydrates: 27.18g (9.88%), Sugar: 3.96g (4.39%), Cholesterol: 3.91mg (1.3%), Sodium: 590.23mg (25.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.64g (15.28%), Vitamin D: 2.91µg (19.39%), Iron: 1.74mg (9.67%), Vitamin B12: 0.55µg (9.24%), Selenium: 5.57µg (7.96%), Fiber: 1.05g (4.22%), Vitamin B3: 0.83mg (4.14%), Phosphorus: 30.73mg (3.07%), Vitamin B6: 0.06mg (2.95%), Copper: 0.05mg (2.45%), Vitamin C: 1.97mg (2.39%), Vitamin E: 0.25mg (1.67%), Vitamin B5: 0.16mg (1.63%), Potassium: 46.51mg (1.33%), Vitamin B2: 0.02mg (1.33%), Magnesium: 4.67mg (1.17%)