



Smoked Salmon Pizzettes

READY IN



35 min.

SERVINGS



6

CALORIES



290 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons capers dried rinsed drained coarsely chopped
- ☐ 0.3 cup chives fresh chopped
- ☐ 6 servings kosher salt and pepper black freshly ground
- ☐ 0.3 cup mascarpone cheese at room temperature
- ☐ 6 servings olive oil for drizzling
- ☐ 8 ounce purchased pizza dough
- ☐ 2 ounces salmon smoked cut into 3/4-inch pieces
- ☐ 0.3 cup cup heavy whipping cream sour

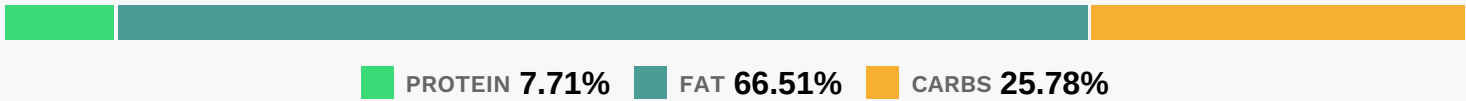
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ cookie cutter

Directions

- ☐ Special equipment: a 2-inch round cookie cutter
- ☐ Put an oven rack in the center of the oven. Preheat the oven to 450 degrees F.
- ☐ On a lightly floured work surface, roll the pizza dough into a 1/4-inch thick round. Using a 2-inch round cookie cutter, cut out 15 circles. Arrange the circles on a heavy baking sheet. Using the tines of a fork, prick the dough all over.
- ☐ Drizzle with olive oil and bake until golden brown, about 7 to 10 minutes.
- ☐ Remove from the oven and cool for 10 minutes.
- ☐ In a small bowl, mix together the mascarpone cheese, sour cream and capers until smooth. Season with salt and pepper, to taste. Spoon about 1/2 teaspoon of the mascarpone mixture into the center of each pastry round. Top with a piece of smoked salmon and press gently.
- ☐ Arrange the pizzettes on a platter and sprinkle with chopped chives just before serving.

Nutrition Facts



Properties

Glycemic Index:12.83, Glycemic Load:0.03, Inflammation Score:-2, Nutrition Score:3.6647826316564%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 3.67mg, Kaempferol: 3.67mg, Kaempferol: 3.67mg, Kaempferol: 3.67mg Quercetin: 4.68mg, Quercetin: 4.68mg, Quercetin: 4.68mg, Quercetin: 4.68mg

Nutrients (% of daily need)

Calories: 290.33kcal (14.52%), Fat: 21.7g (33.38%), Saturated Fat: 5.91g (36.96%), Carbohydrates: 18.93g (6.31%), Net Carbohydrates: 18.21g (6.62%), Sugar: 2.71g (3.01%), Cholesterol: 17.2mg (5.73%), Sodium: 429.69mg (18.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.66g (11.31%), Vitamin E: 2.21mg (14.72%), Vitamin K: 12.95µg (12.33%), Vitamin D: 1.62µg (10.77%), Iron: 1.27mg (7.04%), Vitamin A: 275.95IU (5.52%), Vitamin B12: 0.33µg (5.47%), Selenium: 3.47µg (4.95%), Fiber: 0.72g (2.88%), Calcium: 27.03mg (2.7%), Phosphorus: 24.17mg (2.42%), Vitamin B3: 0.48mg (2.42%), Copper: 0.04mg (1.87%), Vitamin B2: 0.03mg (1.85%), Vitamin B6: 0.03mg (1.67%), Vitamin C: 1.17mg (1.42%), Vitamin B5: 0.12mg (1.22%), Manganese: 0.02mg (1.19%), Magnesium: 4.41mg (1.1%), Potassium: 35.99mg (1.03%)