

Dilled Smoked Salmon Tart

Gourmet Magazine
Dash Magazine - November 2012

Yield: 10 slices

1 12-inch baked thin-crust pizza crust (such as Boboli)
1/2 cup chive cream cheese
3 large plum tomatoes, cored and sliced thin
8 ounces smoked salmon, cut into small pieces
1/2 small red onion, sliced thin
1/2 teaspoon black pepper
2 tablespoons fresh dill, chopped

Preparation Time: 15 minutes

Preheat the oven to 350 degrees.

Place the pizza crust on a parchment-lined baking sheet.

Bake for 10 minutes or until hot.

Spread the crust with cream cheese. Arrange the tomato slices on the cheese. Top with the salmon and red onion.

Sprinkle with the pepper and dill.

Cut into ten slices.

Start to Finish Time: 25 minutes

Per Serving (excluding unknown items): 338 Calories; 11g Fat (28.3% calories from fat); 44g Protein; 16g Carbohydrate; 4g Dietary Fiber; 52mg Cholesterol; 1798mg Sodium. Exchanges: 0 Grain(Starch); 5 1/2 Lean Meat; 3 Vegetable; 0 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	338	Vitamin B6 (mg):	.8mg
% Calories from Fat:	28.3%	Vitamin B12 (mcg):	7.4mcg
% Calories from Carbohydrates:	19.4%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	52.4%	Riboflavin B2 (mg):	.3mg
Total Fat (g):	11g	Folacin (mcg):	49mcg
Saturated Fat (g):	2g	Niacin (mg):	12mg
Monounsaturated Fat (g):	5g	Caffeine (mg):	0mg
	3g	Alcohol (kcal):	0

Polyunsaturated Fat (g):	
Cholesterol (mg):	52mg
Carbohydrate (g):	16g
Dietary Fiber (g):	4g
Protein (g):	44g
Sodium (mg):	1798mg
Potassium (mg):	957mg
Calcium (mg):	57mg
Iron (mg):	3mg
Zinc (mg):	1mg
Vitamin C (mg):	42mg
Vitamin A (i.u.):	1446IU
Vitamin A (r.e.):	183RE

% Refuse: 0 0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	5 1/2
Vegetable:	3
Fruit:	0
Non-Fat Milk:	0
Fat:	0
Other Carbohydrates:	0

Nutrition Facts

Amount Per Serving

Calories 338 **Calories from Fat:** 95

% Daily Values*

Total Fat 11g	16%
Saturated Fat 2g	11%
Cholesterol 52mg	17%
Sodium 1798mg	75%
Total Carbohydrates 16g	5%
Dietary Fiber 4g	15%
Protein 44g	
Vitamin A	29%
Vitamin C	70%
Calcium	6%
Iron	18%

* Percent Daily Values are based on a 2000 calorie diet.