



## Bagels and Beer Cream Cheese

READY IN



25 min.

SERVINGS



4

CALORIES



527 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 6 oz cream cheese
- 2 tablespoons beer
- 2 tablespoons cream sour
- 1 spring onion chopped
- 0.3 teaspoon garlic powder
- 0.3 teaspoon salt
- 1 serving salt and pepper to taste
- 4 bagels split
- 8 slices pan drippings from roast beef preferably thin

0.5 small onion red thinly sliced

## Equipment

bowl

microwave

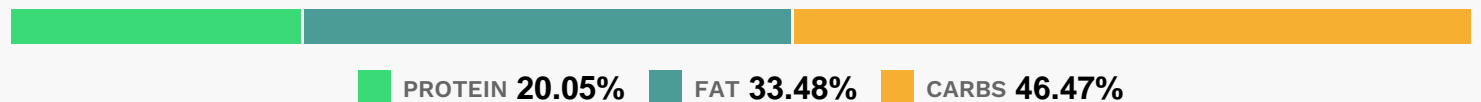
## Directions

In medium microwavable bowl, microwave cream cheese on High 30 to 60 seconds until softened.

Add beer, sour cream, green onion, garlic powder and 1/4 teaspoon salt; stir until well blended. Season with pepper and additional salt, if desired. Cover tightly; refrigerate at least 20 minutes.

Spread cream cheese on bagels; serve open-face with roast beef and red onion.

## Nutrition Facts



## Properties

Glycemic Index:50.88, Glycemic Load:39.71, Inflammation Score:-6, Nutrition Score:14.7208695619%

## Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.11mg, Quercetin: 3.11mg, Quercetin: 3.11mg, Quercetin: 3.11mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

## Nutrients (% of daily need)

Calories: 526.97kcal (26.35%), Fat: 19.45g (29.93%), Saturated Fat: 10.11g (63.16%), Carbohydrates: 60.77g (20.26%), Net Carbohydrates: 58.03g (21.1%), Sugar: 2.46g (2.73%), Cholesterol: 78.41mg (26.14%), Sodium: 1734.12mg (75.4%), Alcohol: 0.29g (100%), Alcohol %: 0.16% (100%), Protein: 26.21g (52.42%), Vitamin C: 26.84mg (32.53%), Vitamin B3: 6.12mg (30.61%), Manganese: 0.61mg (30.42%), Phosphorus: 265.86mg (26.59%), Calcium: 228.9mg (22.89%), Zinc: 3.22mg (21.47%), Vitamin B12: 1.06µg (17.66%), Vitamin B6: 0.33mg (16.44%), Iron: 2.74mg (15.23%), Vitamin B1: 0.22mg (14.43%), Vitamin B2: 0.24mg (14.1%), Vitamin A: 638.67IU (12.77%), Magnesium:

49.21mg (12.3%), Copper: 0.23mg (11.42%), Selenium: 7.81µg (11.15%), Fiber: 2.74g (10.97%), Potassium: 359.14mg (10.26%), Folate: 37.45µg (9.36%), Vitamin B5: 0.84mg (8.35%), Vitamin K: 7.25µg (6.9%), Vitamin E: 0.41mg (2.73%)