



Bagels and Beer Cream Cheese

READY IN



25 min.

SERVINGS



4

CALORIES



527 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

2 tablespoons cream sour

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

 **PROTEIN 20.05%**  **FAT 33.48%**  **CARBS 46.47%**

Properties

Glycemic Index:50.88, Glycemic Load:39.71, Inflammation Score:-6, Nutrition Score:14.723478317261%

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: 1879.46mg (81.72%), 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 (30.44%), Phosphorus: 265.86mg (26.59%), Calcium: 228.99mg (22.9%), Zinc: 3.22mg (21.47%), Vitamin B12: 1.06µg (17.66%), Vitamin B6: 0.33mg (16.44%), Iron: 2.74mg (15.24%), Vitamin B1: 0.22mg (14.43%), Vitamin B2: 0.24mg (14.1%), Vitamin A: 638.67IU (12.77%), Magnesium:

49.22mg (12.3%), Copper: 0.23mg (11.43%), Selenium: 7.81µg (11.16%), Fiber: 2.74g (10.97%), Potassium: 359.17mg (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%)