



Bagels with Smoked Salmon and Whitefish Salad

READY IN



15 min.

SERVINGS



6

CALORIES



1034 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 bagels sliced in thirds horizontally
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 cup celery minced
- ☐ 16 ounces cream cheese softened
- ☐ 0.8 teaspoon kosher salt
- ☐ 1.5 tablespoons juice of lemon freshly squeezed
- ☐ 1 cup mayonnaise good
- ☐ 6 servings tomatoes and thinly onions red sliced thinly sliced

- ☐ 0.5 cup onion red minced
- ☐ 1 pound salmon smoked thinly sliced
- ☐ 1.5 pounds whitefish smoked

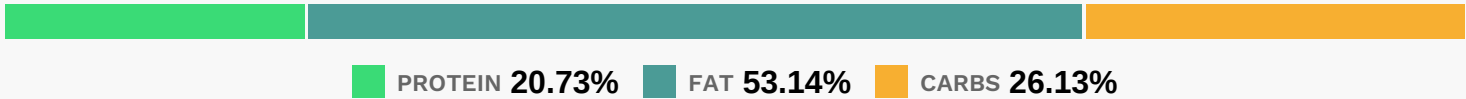
Equipment

- ☐ bowl
- ☐ toaster

Directions

- ☐ With your hands, flake the whitefish, being careful to discard all the skin and bones. In a medium bowl, gently combine the whitefish with the red onion, celery, mayonnaise, lemon juice, salt, and pepper. Taste for seasoning.
- ☐ Toast the bagel slices in a toaster. Arrange a platter with the smoked salmon, cream cheese, tomatoes, and red onions.
- ☐ Serve with the whitefish salad at room temperature.

Nutrition Facts



Properties

Glycemic Index:44.5, Glycemic Load:41.32, Inflammation Score:-8, Nutrition Score:33.693912962209%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 3.42mg, Isorhamnetin: 3.42mg, Isorhamnetin: 3.42mg, Isorhamnetin: 3.42mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 13.92mg, Quercetin: 13.92mg, Quercetin: 13.92mg, Quercetin: 13.92mg

Nutrients (% of daily need)

Calories: 1034.07kcal (51.7%), Fat: 60.9g (93.69%), Saturated Fat: 21.27g (132.94%), Carbohydrates: 67.4g (22.47%), Net Carbohydrates: 63.66g (23.15%), Sugar: 6.16g (6.84%), Cholesterol: 166.12mg (55.37%), Sodium: 1987.01mg

(86.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 53.45g (106.91%), Selenium: 79.64µg (113.77%), Vitamin D: 16.52µg (110.12%), Vitamin B12: 4.47µg (74.46%), Vitamin K: 66.98µg (63.79%), Phosphorus: 528.56mg (52.86%), Vitamin B3: 10.02mg (50.1%), Manganese: 0.74mg (37.07%), Vitamin B6: 0.58mg (29.15%), Copper: 0.48mg (24.12%), Vitamin B2: 0.41mg (23.96%), Potassium: 814.75mg (23.28%), Vitamin A: 1145.17IU (22.9%), Vitamin E: 3.39mg (22.61%), Magnesium: 89.99mg (22.5%), Vitamin B5: 2.2mg (21.97%), Vitamin B1: 0.29mg (19.36%), Folate: 77.28µg (19.32%), Iron: 3.04mg (16.89%), Fiber: 3.74g (14.97%), Zinc: 2.1mg (13.98%), Calcium: 134.73mg (13.47%), Vitamin C: 6.77mg (8.2%)