



Cream Cheese and Smoked Salmon Bagel

 Dairy Free

READY IN



15 min.

SERVINGS



2

CALORIES



223 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 ounce bagels split toasted
- ☐ 1 teaspoon optional: dill fresh chopped
- ☐ 0.5 teaspoon lemon zest grated
- ☐ 4 ounces salmon

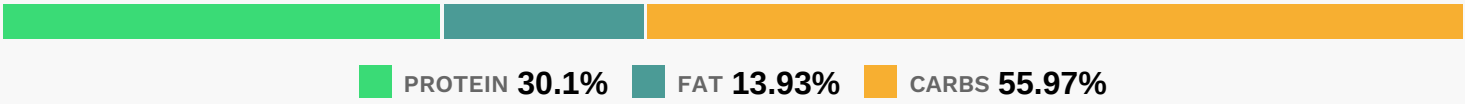
Equipment

- ☐ bowl

Directions

- ☐
- Combine first 3 ingredients in a small bowl.
- ☐
- Spread half of cream cheese mixture over cut side of each bagel half; top each half with 2 ounces salmon.

Nutrition Facts



Properties

Glycemic Index:43.5, Glycemic Load:20.86, Inflammation Score:-2, Nutrition Score:10.901739057801%

Flavonoids

Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 222.52kcal (11.13%), Fat: 3.36g (5.17%), Saturated Fat: 0.65g (4.07%), Carbohydrates: 30.36g (10.12%), Net Carbohydrates: 29g (10.55%), Sugar: 0.02g (0.02%), Cholesterol: 13.04mg (4.35%), Sodium: 747.35mg (32.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.33g (32.65%), Vitamin D: 9.7µg (64.64%), Vitamin B12: 1.85µg (30.81%), Selenium: 18.37µg (26.25%), Vitamin B3: 3.68mg (18.38%), Manganese: 0.32mg (15.82%), Phosphorus: 147.51mg (14.75%), Copper: 0.22mg (11.17%), Vitamin B6: 0.19mg (9.37%), Vitamin B1: 0.11mg (7.05%), Vitamin B5: 0.7mg (7.01%), Iron: 1.26mg (7%), Magnesium: 26.75mg (6.69%), Fiber: 1.36g (5.43%), Vitamin B2: 0.09mg (5.14%), Vitamin E: 0.77mg (5.11%), Zinc: 0.68mg (4.51%), Potassium: 157.66mg (4.5%), Folate: 13.75µg (3.44%), Calcium: 17.22mg (1.72%), Vitamin A: 53.44IU (1.07%)