



Deep-Fried Bagel Sandwich

READY IN



23 min.

SERVINGS



2

CALORIES



1286 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 everything ny bagels sliced in 1/2
- ☐ 0.5 cup buttermilk
- ☐ 0.3 cup capers drained
- ☐ 8 ounce cream cheese room temperature
- ☐ 4 eggs lightly beaten
- ☐ 2 tablespoons chives fresh finely chopped
- ☐ 0.3 cup milk
- ☐ 2 servings vegetable oil; peanut oil preferred for frying
- ☐ 1 onion red sliced thin

- ☐ 2 servings salt and pepper black freshly ground
- ☐ 1 cup self-rising flour
- ☐ 6 ounces salmon smoked thinly sliced
- ☐ 1 large tomatoes firm
- ☐ 2 servings vegetable oil for frying

Equipment

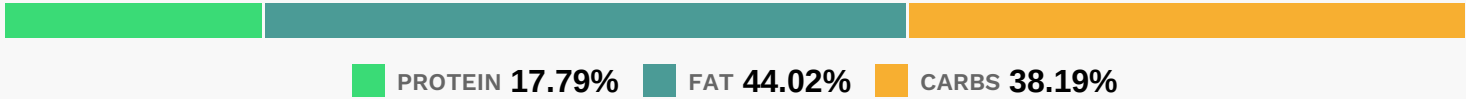
- ☐ paper towels
- ☐ mixing bowl
- ☐ sieve
- ☐ baking pan
- ☐ tongs
- ☐ colander
- ☐ deep fryer

Directions

- ☐ Preheat oil to 375 degrees F.
- ☐ Beat eggs with milk in a 9 by 9 by 13-inch baking dish. Dip the bagels in the egg mixture and dredge in flour. Carefully transfer bagels into the deep fryer.
- ☐ Remove when golden and brown; turning once half way through the cooking process.
- ☐ Transfer to a paper towel lined sheet tray to drain with tongs.
- ☐ Let cool completely.
- ☐ Top with chive cream cheese, slices of smoked salmon, thinly sliced red onion, fried tomatoes and fried capers.
- ☐ Stir together cream cheese and chives in a mixing bowl until evenly combined,;
- ☐ Preheat deep-fryer to 375 degrees F.
- ☐ Slice the tomatoes 1/4-inch thick and sprinkle with salt.
- ☐ Place the tomato slices in a colander and allow time for the salt to pull the water out of the tomatoes, approximately 30 minutes. Dip the tomatoes in buttermilk, then dredge them in the flour. Deep-fry until golden brown, 1 to 2 minutes, turning them halfway through the cooking

- process with tongs.
- ☐ Drain on paper towels and season with salt and pepper. Keep warm until serving.
 - ☐ Preheat deep-fryer to 375 degrees F.
 - ☐ Dry capers on a paper towel. Fry for 40 seconds.
 - ☐ Remove with a spider or fine sieve to a paper towel lined sheet tray to drain.

Nutrition Facts



Properties

Glycemic Index:188.5, Glycemic Load:73.24, Inflammation Score:-10, Nutrition Score:43.504782220592%

Flavonoids

Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2.96mg, Isorhamnetin: 2.96mg, Isorhamnetin: 2.96mg, Isorhamnetin: 2.96mg Kaempferol: 29.47mg, Kaempferol: 29.47mg, Kaempferol: 29.47mg, Kaempferol: 29.47mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 49.58mg, Quercetin: 49.58mg, Quercetin: 49.58mg, Quercetin: 49.58mg

Nutrients (% of daily need)

Calories: 1286.18kcal (64.31%), Fat: 62.78g (96.59%), Saturated Fat: 29.55g (184.67%), Carbohydrates: 122.59g (40.86%), Net Carbohydrates: 115.85g (42.13%), Sugar: 14.05g (15.61%), Cholesterol: 471.71mg (157.24%), Sodium: 2396.93mg (104.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 57.08g (114.16%), Selenium: 92.51µg (132.15%), Vitamin D: 17.42µg (116.13%), Phosphorus: 720.16mg (72.02%), Vitamin B12: 4.25µg (70.77%), Manganese: 1.33mg (66.64%), Vitamin A: 3142.24IU (62.84%), Vitamin B2: 1.05mg (61.91%), Vitamin B5: 3.9mg (38.98%), Vitamin B3: 7.51mg (37.54%), Copper: 0.74mg (37.13%), Vitamin B6: 0.71mg (35.73%), Calcium: 337.12mg (33.71%), Folate: 132.29µg (33.07%), Vitamin E: 4.73mg (31.5%), Potassium: 1030.19mg (29.43%), Magnesium: 115.97mg (28.99%), Iron: 5.18mg (28.79%), Vitamin B1: 0.41mg (27.51%), Zinc: 4.11mg (27.4%), Fiber: 6.74g (26.97%), Vitamin K: 27.7µg (26.38%), Vitamin C: 19.22mg (23.3%)