



Flash-fried smoked salmon & egg bagel

 Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



476 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bagels split
- ☐ 1 tsp horseradish
- ☐ 1 tbsp mayonnaise
- ☐ 1 large slice salmon smoked
- ☐ 1 eggs
- ☐ 1 garlic clove thinly sliced

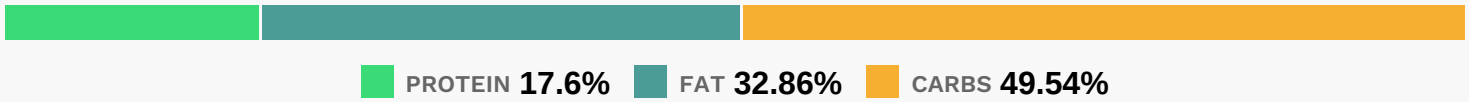
Equipment

- ☐ frying pan

Directions

- ☐ Toast half of split bagel. Stir creamed horseradish into mayonnaise. Cook slice of smoked salmon in a non-stick frying pan for a few seconds on each side, until it turns opaque.
- ☐ Spread one side of the bagel with the mayo and top with the salmon. Splash some oil in the pan and fry egg. When nearly done, add garlic clove and sizzle briefly.
- ☐ Put the egg on top of the salmon, season and scatter over the garlic.

Nutrition Facts



Properties

Glycemic Index:187, Glycemic Load:39.09, Inflammation Score:-3, Nutrition Score:13.919565148976%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 475.78kcal (23.79%), Fat: 17.1g (26.31%), Saturated Fat: 3.42g (21.35%), Carbohydrates: 58.02g (19.34%), Net Carbohydrates: 55.38g (20.14%), Sugar: 0.67g (0.75%), Cholesterol: 174.08mg (58.03%), Sodium: 889.12mg (38.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.61g (41.21%), Manganese: 0.64mg (32.01%), Selenium: 20.87µg (29.82%), Vitamin D: 4.33µg (28.85%), Phosphorus: 229.76mg (22.98%), Vitamin K: 22.76µg (21.68%), Vitamin B12: 1.06µg (17.67%), Vitamin B2: 0.28mg (16.65%), Vitamin B3: 2.86mg (14.32%), Iron: 2.47mg (13.72%), Vitamin B1: 0.2mg (13.41%), Copper: 0.26mg (13.17%), Vitamin B5: 1.28mg (12.76%), Folate: 47.81µg (11.95%), Vitamin B6: 0.23mg (11.3%), Zinc: 1.65mg (11%), Fiber: 2.64g (10.57%), Magnesium: 41.57mg (10.39%), Vitamin E: 1.19mg (7.92%), Potassium: 228.86mg (6.54%), Calcium: 55.07mg (5.51%), Vitamin A: 264.34IU (5.29%), Vitamin C: 2.18mg (2.64%)