



Hot pastrami bagels

 Gluten Free

READY IN



20 min.

SERVINGS



2

CALORIES



182 kcal

SIDE DISH

Ingredients

- ☐ 2 onion bagels
- ☐ 2 servings butter for spreading
- ☐ 2 servings american mustard – we like french's
- ☐ 2 servings dill pickles
- ☐ 1 handful torn iceberg lettuce leaves
- ☐ 120 g pack pastrami (cured beef brisket)

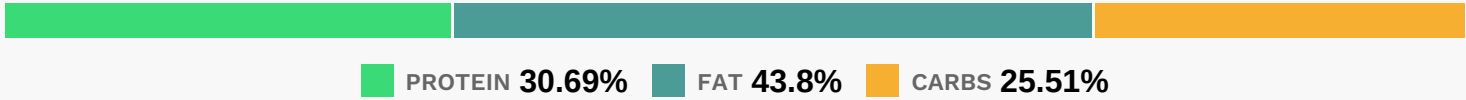
Equipment

- ☐ microwave

Directions

- ☐ Split the bagels and spread each of the cut sides with butter and a little mustard. Separate the slices of pastrami, sandwich them between the bagels and put them on a sheet of double thickness kitchen paper on a microwave-proof plate the paper stops the bread from becoming soggy underneath and sticking to the plate. Microwave on 750 watts for 1 minute.
- ☐ While the bagels are warming, slice the dill pickles lengthways. Take the bagels from the microwave and lift off their tops. Pile in the lettuce and sliced pickles, squirt in some more mustard and enjoy straightaway while theyre still warm.

Nutrition Facts



Properties

Glycemic Index:54.5, Glycemic Load:2.27, Inflammation Score:-6, Nutrition Score:9.9765217096909%

Flavonoids

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: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 22.34mg, Quercetin: 22.34mg, Quercetin: 22.34mg, Quercetin: 22.34mg

Nutrients (% of daily need)

Calories: 181.8kcal (9.09%), Fat: 8.92g (13.72%), Saturated Fat: 4.22g (26.4%), Carbohydrates: 11.68g (3.89%), Net Carbohydrates: 9.16g (3.33%), Sugar: 5.54g (6.15%), Cholesterol: 47.95mg (15.98%), Sodium: 644.2mg (28.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.06g (28.11%), Vitamin B12: 1.47µg (24.44%), Vitamin B6: 0.41mg (20.32%), Zinc: 2.85mg (19%), Phosphorus: 164.2mg (16.42%), Selenium: 10.44µg (14.92%), Vitamin B3: 2.57mg (12.83%), Potassium: 433.3mg (12.38%), Vitamin K: 12.61µg (12.01%), Vitamin C: 9.52mg (11.54%), Fiber: 2.53g (10.1%), Vitamin B2: 0.17mg (10.03%), Vitamin B1: 0.14mg (9.44%), Manganese: 0.18mg (9.07%), Iron: 1.54mg (8.53%), Folate: 30.59µg (7.65%), Magnesium: 29.49mg (7.37%), Calcium: 64.69mg (6.47%), Copper: 0.11mg (5.4%), Vitamin A: 248.61IU (4.97%), Vitamin B5: 0.38mg (3.84%), Vitamin E: 0.41mg (2.73%)