



HUNGRY GIRL's Salmon & Cucumber Bagel Bites

READY IN



5 min.

SERVINGS



1

CALORIES



526 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bagels plain split toasted quartered thin
- 2 Tbsp philadelphia 2x protein cream cheese spread
- 8 slices cucumber english thin
- 1 oz salmon smoked

Equipment

Directions

Spread cut sides of bagel with cream cheese spread.

Top with remaining ingredients.

Nutrition Facts

PROTEIN 17.35% **FAT 17.79%** **CARBS 64.86%**

Properties

Glycemic Index:72, Glycemic Load:38.63, Inflammation Score:-8, Nutrition Score:28.104347747305%

Flavonoids

Kaempferol: 1.08mg, Kaempferol: 1.08mg, Kaempferol: 1.08mg, Kaempferol: 1.08mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 526.08kcal (26.3%), Fat: 10.75g (16.55%), Saturated Fat: 5.26g (32.87%), Carbohydrates: 88.26g (29.42%), Net Carbohydrates: 81.68g (29.7%), Sugar: 14.89g (16.54%), Cholesterol: 26.36mg (8.79%), Sodium: 948.08mg (41.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.6g (47.2%), Vitamin K: 136.48µg (129.98%), Manganese: 1.23mg (61.45%), Potassium: 1378.7mg (39.39%), Magnesium: 143.71mg (35.93%), Phosphorus: 346.97mg (34.7%), Vitamin D: 4.85µg (32.32%), Copper: 0.58mg (28.87%), Vitamin C: 23.3mg (28.24%), Vitamin B5: 2.78mg (27.83%), Vitamin B1: 0.4mg (26.82%), Fiber: 6.57g (26.3%), Vitamin A: 1202.26IU (24.05%), Vitamin B6: 0.47mg (23.26%), Iron: 4mg (22.21%), Vitamin B2: 0.36mg (21.05%), Folate: 81.91µg (20.48%), Vitamin B3: 4mg (20%), Calcium: 193.54mg (19.35%), Zinc: 2.68mg (17.84%), Selenium: 11.68µg (16.69%), Vitamin B12: 0.92µg (15.4%), Vitamin E: 0.63mg (4.22%)