

BREAKFAST

Mini Breakfast Bagels

4 October 2026

TOTAL TIME	PREP	SERVES	PER SERVING	CALORIES
25 min	25 min	80	\$0.49	184 kcal



Mini Breakfast Bagels could be just the pescatarian recipe you've been looking for. This recipe serves 80 and costs 49 cents per serving. One serving contains 184 calories, 3g of protein, and 16g of fat. It works best as a breakfast, and is done in roughly 25 minutes. This recipe from Foodnetwork ha...

Ingredients

- ☐ 10 fresh bagels (not presliced)
- ☐ 1 large handful A fresh chives
- ☐ 1 lemon, juiced
- ☐ 400 grams 14 ounces wild smoked salmon
- ☐ 80 servings Freshly ground black pepper
- ☐ 400 grams 14 ounces fresh curd cheese or cream cheese
- ☐ 80 servings Extra-virgin olive oil

EQUIPMENT Cutting board

Method

- 1 Put the bagels on a cutting board and vertically slice into little rounds, across the diameter.
- 2 Mix the curd cheese with some finely chopped chives, the lemon juice and black pepper. Taste and adjust the seasoning and lemon. To assemble, spread each piece of bagel with the curd cheese, place a twist of salmon on top, sprinkle with some freshly cut chives, and finally add a drizzle of the best extra virgin olive oil you can afford.
- 3 (c) Jamie Oliver 2003

Nutrition per serving

184	3 g	16 g	7 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			3 g · 19% of daily needs
Fibre			0.3 g · 1% of daily needs
Sugar			0.2 g · 0% of daily needs
Sodium			125 mg · 5% of daily needs
Cholesterol			6.2 mg · 2% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at [whatsheate.com/mini-breakfast-bagels-147793](https://www.whatsheate.com/mini-breakfast-bagels-147793)