



Mushroom Bagel Sandwiches with Curry-Mustard Sauce

READY IN



45 min.

SERVINGS



6

CALORIES



530 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 bagels sliced
- 2 teaspoons dijon mustard
- 0.1 teaspoon tarragon dried
- 16 ounce mushrooms fresh sliced
- 1 garlic clove pressed
- 1 Dash hot sauce
- 1 tablespoon juice of lemon
- 6 servings curry-mustard sauce

- 3 tablespoons olive oil
- 0.1 teaspoon oregano dried
- 0.1 teaspoon pepper
- 1 small purple onion thinly sliced
- 1 tablespoon red wine vinegar
- 0.1 teaspoon salt
- 8 ounces swiss cheese shredded
- 0.5 teaspoon worcestershire sauce

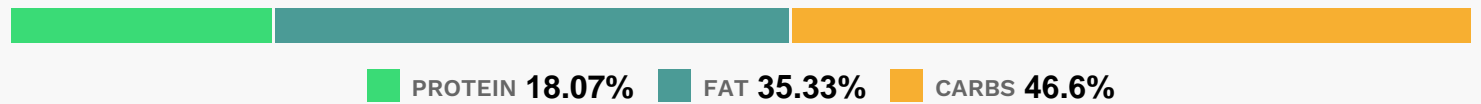
Equipment

- bowl
- baking sheet
- oven
- whisk

Directions

- Whisk first 11 ingredients in a large bowl.
- Add mushrooms and onion, tossing to coat.
- Arrange bagels, cut side up, on a baking sheet; top bagels evenly with mushroom mixture, Curry-Mustard Sauce, and cheese.
- Bake at 350 for 10 to 15 minutes or until bubbly.

Nutrition Facts



Properties

Glycemic Index:55.33, Glycemic Load:39.79, Inflammation Score:-5, Nutrition Score:17.059130450954%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg

Nutrients (% of daily need)

Calories: 529.91kcal (26.5%), Fat: 20.88g (32.13%), Saturated Fat: 8.15g (50.95%), Carbohydrates: 61.98g (20.66%), Net Carbohydrates: 58.04g (21.11%), Sugar: 2.45g (2.72%), Cholesterol: 35.15mg (11.72%), Sodium: 709.88mg (30.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.03g (48.05%), Phosphorus: 395.11mg (39.51%), Calcium: 370.79mg (37.08%), Manganese: 0.7mg (34.93%), Vitamin B2: 0.48mg (28.49%), Selenium: 19.32µg (27.6%), Vitamin B3: 4.68mg (23.39%), Copper: 0.45mg (22.51%), Zinc: 3.06mg (20.42%), Vitamin B12: 1.17µg (19.53%), Vitamin B5: 1.71mg (17.1%), Vitamin B1: 0.25mg (16.86%), Fiber: 3.94g (15.74%), Magnesium: 55.67mg (13.92%), Iron: 2.34mg (12.98%), Potassium: 429.98mg (12.29%), Folate: 45.27µg (11.32%), Vitamin B6: 0.2mg (10.11%), Vitamin E: 1.48mg (9.9%), Vitamin A: 328.45IU (6.57%), Vitamin K: 6.18µg (5.89%), Vitamin C: 4.3mg (5.21%), Vitamin D: 0.15µg (1.01%)