



Pressed Bagel Sandwich

READY IN



10 min.

SERVINGS



2

CALORIES



158 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons capers chopped
- ☐ 2 servings cucumber sliced
- ☐ 2 teaspoons chives fresh chopped
- ☐ 2 teaspoons optional: dill fresh chopped
- ☐ 3 ounces cream cheese low-fat softened
- ☐ 0.3 onion red thinly sliced
- ☐ 4 ounces salmon smoked thinly sliced
- ☐ 2 large slices tomatoes
- ☐ 2 slices whole-grain bagels

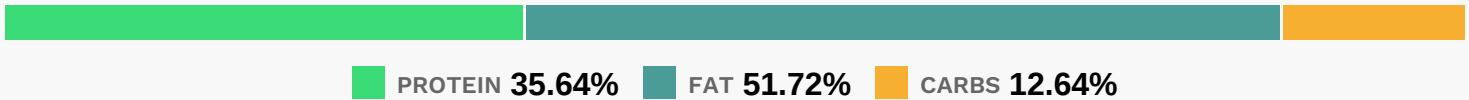
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ serrated knife
- ☐ panini press

Directions

- ☐ Mix together the cream cheese, capers, chives and dill in a small bowl. Set aside.
- ☐ Cut a thin slice away from the top and bottom of each bagel using a serrated knife, and then slice the bagels in half horizontally (reserve bagel scraps for another purpose, such as homemade breadcrumbs).
- ☐ Assemble the sandwiches by spreading each bagel half with 2 teaspoons of the cream cheese mixture. Top with the smoked salmon, tomatoes, onions and cucumbers.
- ☐ Transfer the sandwiches to a panini press or a nonstick skillet and cook until the bagels are toasted on each side.

Nutrition Facts



Properties

Glycemic Index:70, Glycemic Load:0.31, Inflammation Score:-4, Nutrition Score:10.85304344737%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 2.83mg, Kaempferol: 2.83mg, Kaempferol: 2.83mg, Kaempferol: 2.83mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.35mg, Quercetin: 6.35mg, Quercetin: 6.35mg, Quercetin: 6.35mg

Nutrients (% of daily need)

Calories: 158.41kcal (7.92%), Fat: 9g (13.84%), Saturated Fat: 4.41g (27.56%), Carbohydrates: 4.95g (1.65%), Net Carbohydrates: 4.61g (1.68%), Sugar: 3.12g (3.47%), Cholesterol: 36mg (12%), Sodium: 653.27mg (28.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.95g (27.9%), Vitamin D: 9.82µg (65.49%), Vitamin B12: 2.24µg (37.33%), Selenium: 20.17µg (28.82%), Phosphorus: 162.91mg (16.29%), Vitamin B3: 2.77mg (13.86%), Vitamin B6:

0.2mg (9.83%), Vitamin B5: 0.88mg (8.77%), Vitamin B2: 0.14mg (8.49%), Copper: 0.16mg (7.99%), Calcium: 74.5mg (7.45%), Vitamin A: 347.4IU (6.95%), Potassium: 232.56mg (6.64%), Vitamin E: 0.91mg (6.06%), Magnesium: 16.35mg (4.09%), Iron: 0.64mg (3.58%), Folate: 13.78µg (3.44%), Vitamin K: 3.35µg (3.19%), Zinc: 0.46mg (3.05%), Vitamin B1: 0.04mg (2.55%), Vitamin C: 1.94mg (2.35%), Manganese: 0.04mg (2.02%), Fiber: 0.34g (1.38%)