



Salmon & chive bagel topper

READY IN



8 min.

SERVINGS



4

CALORIES



412 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 100 g salmon fillet cooked
- ☐ 200 g cheese soft reduced-fat
- ☐ 0.5 lemon zest
- ☐ 2 tbsp chives snipped
- ☐ 4 bagels split
- ☐ 4 small handfuls watercress

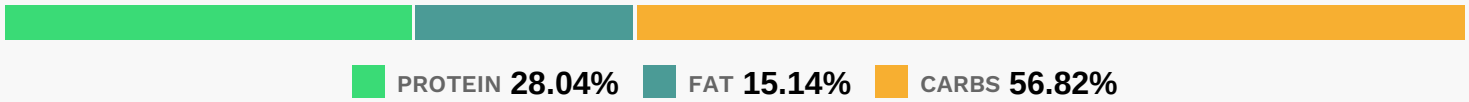
Equipment

- ☐ bowl

Directions

- ☐ Flake the salmon into a bowl.
- ☐ Add the cheese, lemon zest and juice, chives and plenty of black pepper. Mash everything together with a fork, then keep chilled until lunchtime.
- ☐ Lightly toast the bagel halves, then spread with the salmon mixture and top each with a handful of watercress. Eat straight away.

Nutrition Facts



Properties

Glycemic Index:37.25, Glycemic Load:38.65, Inflammation Score:-4, Nutrition Score:12.805217282928%

Flavonoids

Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 411.66kcal (20.58%), Fat: 6.78g (10.43%), Saturated Fat: 2.65g (16.56%), Carbohydrates: 57.22g (19.07%), Net Carbohydrates: 54.69g (19.89%), Sugar: 0.32g (0.36%), Cholesterol: 24.25mg (8.08%), Sodium: 878.2mg (38.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.24g (56.49%), Phosphorus: 394.36mg (39.44%), Manganese: 0.58mg (29.1%), Selenium: 16.4µg (23.43%), Calcium: 232.99mg (23.3%), Vitamin B3: 3.85mg (19.26%), Vitamin B12: 1.04µg (17.33%), Vitamin B1: 0.24mg (15.74%), Vitamin B2: 0.26mg (15.51%), Vitamin B6: 0.29mg (14.26%), Zinc: 2.01mg (13.37%), Copper: 0.25mg (12.4%), Magnesium: 46.65mg (11.66%), Iron: 1.87mg (10.39%), Fiber: 2.54g (10.15%), Folate: 36.61µg (9.15%), Vitamin B5: 0.9mg (8.99%), Potassium: 270.49mg (7.73%), Vitamin K: 5.99µg (5.71%), Vitamin A: 211.08IU (4.22%), Vitamin C: 2.27mg (2.75%)