



Smoked Salmon and Bagels

READY IN



20 min.

SERVINGS



2

CALORIES



207 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 oz asparagus thin
- ☐ 2 tablespoons cream cheese softened reduced-fat (Neufchâtel)
- ☐ 0.5 teaspoon dill dried
- ☐ 1 teaspoon lemon zest grated
- ☐ 1 teaspoon juice of lemon
- ☐ 1 bagels cut in half horizontally
- ☐ 1.5 oz salmon (from 3-oz package)
- ☐ 1 serving lemon wedges

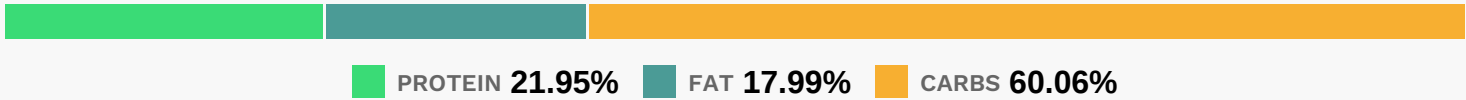
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ steamer basket

Directions

- ☐ Break off tough ends of asparagus as far down as stalks snap easily.
- ☐ Cut asparagus in half crosswise into about 3-inch pieces. In 3-quart saucepan or skillet, place steamer basket in 1/2 inch water.
- ☐ Place asparagus in basket.
- ☐ Heat to boiling; reduce heat. Cover; steam about 5 minutes or until crisp-tender. Immediately plunge asparagus into ice water until cold.
- ☐ Drain on paper towels.
- ☐ In small bowl, mix cream cheese, dill weed, lemon peel and lemon juice until well blended.
- ☐ Spread on cut sides of bagel halves.
- ☐ Arrange asparagus pieces on cream cheese mixture; top with salmon.
- ☐ Serve with lemon wedges.

Nutrition Facts



Properties

Glycemic Index:64.75, Glycemic Load:19.49, Inflammation Score:-4, Nutrition Score:8.8356522269871%

Flavonoids

Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.62mg,

Isorhamnetin: 1.62mg, Isorhamnetin: 1.62mg, Isorhamnetin: 1.62mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Quercetin: 3.98mg, Quercetin: 3.98mg, Quercetin: 3.98mg, Quercetin: 3.98mg

Nutrients (% of daily need)

Calories: 206.87kcal (10.34%), Fat: 4.11g (6.32%), Saturated Fat: 1.69g (10.57%), Carbohydrates: 30.87g (10.29%), Net Carbohydrates: 28.91g (10.51%), Sugar: 1.52g (1.69%), Cholesterol: 12.99mg (4.33%), Sodium: 502.08mg (21.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.28g (22.56%), Vitamin D: 3.68µg (24.54%), Manganese: 0.34mg (17.19%), Vitamin B12: 0.83µg (13.85%), Phosphorus: 124.57mg (12.46%), Selenium: 8.15µg (11.65%), Vitamin K: 11.98µg (11.41%), Vitamin B3: 2.24mg (11.18%), Copper: 0.2mg (9.78%), Vitamin B1: 0.14mg (9.3%), Iron: 1.66mg (9.23%), Fiber: 1.96g (7.86%), Folate: 30.25µg (7.56%), Vitamin B2: 0.12mg (6.97%), Vitamin A: 331.01IU (6.62%), Magnesium: 25.69mg (6.42%), Vitamin B6: 0.13mg (6.3%), Vitamin B5: 0.59mg (5.87%), Potassium: 197.68mg (5.65%), Zinc: 0.78mg (5.19%), Vitamin C: 4.24mg (5.13%), Calcium: 46.87mg (4.69%), Vitamin E: 0.65mg (4.37%)