



Smoked Salmon and Vegetable Cream Cheese Bagels

READY IN



10 min.

SERVINGS



2

CALORIES



1141 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 sesame bagels
- ☐ 2 tablespoons carrots finely chopped
- ☐ 2 tablespoons celery finely chopped
- ☐ 16 ounces cream cheese at room temperature
- ☐ 1 pinch ground pepper black finely
- ☐ 2 pinches kosher salt
- ☐ 2 tablespoons radishes finely chopped (2 radishes)
- ☐ 2 tablespoons scallions white green minced

☐ 4 slices salmon smoked

Equipment

☐ bowl

☐ hand mixer

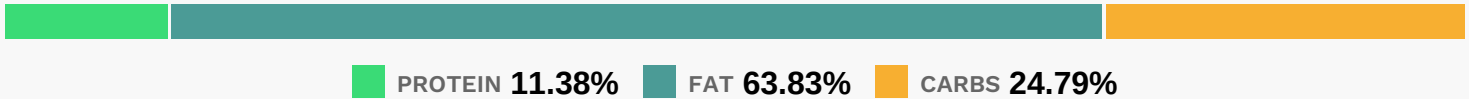
Directions

☐ Slice the bagels in half horizontally and spread 1 tablespoon of the vegetable cream cheese over the bottom half of each bagel. Arrange 2 slices of smoked salmon over the cream cheese and place the remaining bagel halves on top.

☐ Cut the bagels in half crosswise and serve.

☐ Place the cream cheese, scallions, carrot, celery, radish, salt, and pepper in the bowl of an electric mixer fitted with the paddle attachment and mix on low speed until blended.

Nutrition Facts



Properties

Glycemic Index:136.92, Glycemic Load:42.71, Inflammation Score:-10, Nutrition Score:25.42347827165%

Flavonoids

Pelargonidin: 9.33mg, Pelargonidin: 9.33mg, Pelargonidin: 9.33mg, Pelargonidin: 9.33mg Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg

Nutrients (% of daily need)

Calories: 1141.02kcal (57.05%), Fat: 81.5g (125.39%), Saturated Fat: 46.43g (290.19%), Carbohydrates: 71.24g (23.75%), Net Carbohydrates: 67.87g (24.68%), Sugar: 9.76g (10.85%), Cholesterol: 238.26mg (79.42%), Sodium: 1997.51mg (86.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.7g (65.39%), Vitamin A: 5683.62IU (113.67%), Selenium: 32.64µg (46.63%), Vitamin D: 6.84µg (45.6%), Phosphorus: 421.5mg (42.15%), Vitamin B2: 0.64mg (37.68%), Manganese: 0.66mg (32.78%), Vitamin B12: 1.8µg (30.05%), Calcium: 259.92mg (25.99%), Vitamin B5: 2.11mg (21.12%), Vitamin B3: 4.18mg (20.91%), Vitamin K: 21.82µg (20.78%), Vitamin E: 2.64mg (17.63%), Potassium: 595.98mg (17.03%), Vitamin B6: 0.33mg (16.63%), Vitamin B1: 0.25mg (16.61%), Copper: 0.33mg

(16.34%), Magnesium: 63.52mg (15.88%), Zinc: 2.29mg (15.3%), Folate: 57.59µg (14.4%), Fiber: 3.37g (13.47%), Iron: 2.23mg (12.37%), Vitamin C: 4.45mg (5.39%)