



Smoked Salmon Mold With Bagels

READY IN



45 min.

SERVINGS



10

CALORIES



484 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10 bagels
- ☐ 16 ounce cream cheese softened
- ☐ 10 servings lettuce leaves
- ☐ 1 Dash onion powder
- ☐ 0.5 pound salmon fillet smoked (lox)
- ☐ 1 Dash lawry's seasoned salt

Equipment

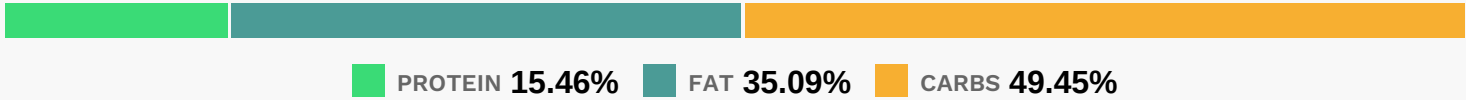
- ☐ mixing bowl

☐ plastic wrap

Directions

- ☐ Combine cheese and salmon in a mixing bowl; beat until smooth.
- ☐ Add salt and onion powder; beat until well blended.
- ☐ Lightly oil a 2 1/2-cup fish mold, and line with plastic wrap. Spoon mixture into mold; chill several hours. Turn out onto a lettuce-lined serving dish, and peel off plastic wrap.
- ☐ Serve with bagels.

Nutrition Facts



Properties

Glycemic Index:9.9, Glycemic Load:39.31, Inflammation Score:-9, Nutrition Score:12.948695854%

Nutrients (% of daily need)

Calories: 483.65kcal (24.18%), Fat: 18.72g (28.8%), Saturated Fat: 9.62g (60.1%), Carbohydrates: 59.37g (19.79%), Net Carbohydrates: 56.7g (20.62%), Sugar: 1.95g (2.17%), Cholesterol: 58.29mg (19.43%), Sodium: 723.78mg (31.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.56g (37.13%), Vitamin A: 2395.21IU (47.9%), Manganese: 0.65mg (32.45%), Phosphorus: 201.98mg (20.2%), Vitamin B3: 3.77mg (18.83%), Selenium: 12.34µg (17.62%), Vitamin B1: 0.26mg (17.15%), Vitamin B2: 0.27mg (15.83%), Vitamin B6: 0.29mg (14.46%), Vitamin B12: 0.82µg (13.68%), Copper: 0.24mg (11.83%), Magnesium: 44.34mg (11.09%), Fiber: 2.67g (10.68%), Folate: 42.04µg (10.51%), Iron: 1.88mg (10.44%), Vitamin B5: 1.02mg (10.18%), Potassium: 324.6mg (9.27%), Zinc: 1.35mg (8.99%), Calcium: 74.65mg (7.46%), Vitamin C: 4.34mg (5.26%), Vitamin E: 0.46mg (3.08%)