



The Gore Creek Bagel



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



918 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup alfalfa sprouts
- ☐ 4 curly-leaf lettuce leaves
- ☐ 0.5 teaspoon penzey's southwest seasoning dried italian
- ☐ 0.3 teaspoon pepper
- ☐ 4 slices onion red (1/4-inch-thick)
- ☐ 16 ounce sesame seed bagels split toasted
- ☐ 4 slices tomatoes (1/4-inch-thick)
- ☐ 24 ounce trout

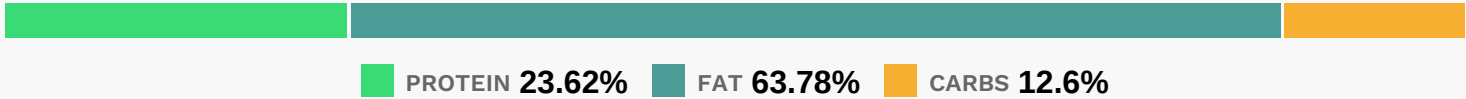
Equipment

- ☐ frying pan

Directions

- ☐ Sprinkle Italian seasoning and pepper over trout fillets. Coat a large nonstick skillet with cooking spray; place over medium-high heat until hot.
- ☐ Add fillets, and cook 4 minutes on each side or until fish flakes easily when tested with a fork.
- ☐ Place 1 fillet on bottom half of each bagel; top each with 1/4 cup sprouts, lettuce, tomato, onion, and bagel tops.
- ☐ Serve this hearty sandwich with Ranch Slaw, Corn Relish, and taro chips.

Nutrition Facts



Properties

Glycemic Index:34.25, Glycemic Load:5.21, Inflammation Score:-10, Nutrition Score:61.56173911302%

Flavonoids

Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.14mg, Quercetin: 3.14mg, Quercetin: 3.14mg, Quercetin: 3.14mg

Nutrients (% of daily need)

Calories: 918.45kcal (45.92%), Fat: 67.71g (104.17%), Saturated Fat: 9.87g (61.68%), Carbohydrates: 30.1g (10.03%), Net Carbohydrates: 15.62g (5.68%), Sugar: 1.91g (2.12%), Cholesterol: 98.66mg (32.89%), Sodium: 110.14mg (4.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 56.43g (112.86%), Copper: 4.99mg (249.31%), Vitamin B12: 13.25µg (220.84%), Manganese: 4.4mg (220.09%), Calcium: 1200.52mg (120.05%), Phosphorus: 1153.85mg (115.39%), Magnesium: 446.05mg (111.51%), Iron: 19.55mg (108.63%), Vitamin B1: 1.54mg (102.64%), Selenium: 60.72µg (86.75%), Zinc: 10.11mg (67.42%), Vitamin B3: 13.1mg (65.5%), Vitamin B6: 1.3mg (65.21%), Fiber: 14.48g (57.91%), Vitamin B2: 0.89mg (52.13%), Vitamin D: 6.63µg (44.23%), Vitamin A: 2127.03IU (42.54%), Folate: 151.52µg (37.88%), Potassium: 1287.07mg (36.77%), Vitamin B5: 3.45mg (34.48%), Vitamin C: 10.59mg (12.83%), Vitamin K: 6.63µg (6.32%), Vitamin E: 0.89mg (5.95%)