



Tuna Everything Bagel

READY IN



13 min.

SERVINGS



2

CALORIES



1105 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 bibb lettuce leaves
- 3 cups tuna (canned packed in water), drained
- 2 tablespoons capers (drained)
- 4 cornichons (chopped)
- 0.3 cup cream cheese
- 1 cucumber (seedless sliced)
- 2 everything bagels (toasted sliced)
- 2 tablespoons optional: dill (fresh chopped)
- 1 tablespoon tarragon leaves (fresh chopped)

- 1 juice of lemon juiced
- 2 servings kosher salt and pepper black freshly ground
- 0.3 cup mayonnaise
- 0.3 cup olive oil extra-virgin to taste
- 2 tablespoons freshly parsley leaves chopped
- 0.5 onion red thinly sliced
- 1 vine-ripened tomato sliced

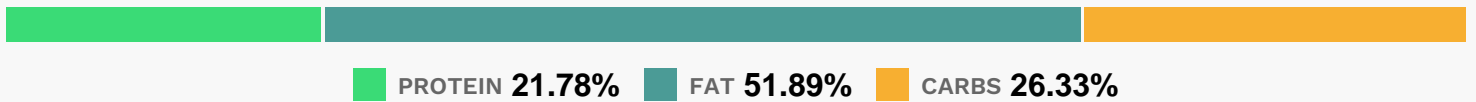
Equipment

- mixing bowl
- broiler

Directions

- Begin with the tuna salad.
- Combine ingredients in a large mixing bowl and stir to combine. Taste and adjust seasoning with salt and pepper.
- Take cut bagels and toast under a hot broiler until golden brown. While still hot smear the bottom with the cream cheese immediately. Top with a scoop of the tuna salad and then layer with red onion, tomato, cucumber and lettuce.
- Add the top half of the bagel and serve.

Nutrition Facts



Properties

Glycemic Index:168, Glycemic Load:40.87, Inflammation Score:-10, Nutrition Score:43.350869510485%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg Apigenin: 8.64mg, Apigenin: 8.64mg, Apigenin: 8.64mg, Apigenin: 8.64mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg

0.17mg, Isorhamnetin: 0.17mg Kaempferol: 10.88mg, Kaempferol: 10.88mg, Kaempferol: 10.88mg, Kaempferol: 10.88mg Myricetin: 0.68mg, Myricetin: 0.68mg, Myricetin: 0.68mg, Myricetin: 0.68mg Quercetin: 15.33mg, Quercetin: 15.33mg, Quercetin: 15.33mg

Nutrients (% of daily need)

Calories: 1104.56kcal (55.23%), Fat: 63.82g (98.18%), Saturated Fat: 14.29g (89.33%), Carbohydrates: 72.86g (24.29%), Net Carbohydrates: 67.88g (24.68%), Sugar: 6.8g (7.55%), Cholesterol: 123.58mg (41.19%), Sodium: 1647.06mg (71.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 60.28g (120.57%), Selenium: 160.61µg (229.44%), Vitamin K: 191.77µg (182.64%), Vitamin B3: 25.85mg (129.23%), Vitamin B12: 6.03µg (100.55%), Manganese: 1.17mg (58.48%), Vitamin A: 2725.48IU (54.51%), Phosphorus: 530.15mg (53.01%), Vitamin B6: 1.04mg (52.13%), Iron: 8.14mg (45.23%), Vitamin E: 6.37mg (42.46%), Magnesium: 134.73mg (33.68%), Vitamin C: 27.31mg (33.11%), Potassium: 1144.84mg (32.71%), Vitamin B2: 0.46mg (27.07%), Folate: 99.07µg (24.77%), Vitamin B1: 0.35mg (23.18%), Copper: 0.46mg (23.03%), Zinc: 3.31mg (22.1%), Fiber: 4.98g (19.93%), Vitamin D: 2.83µg (18.85%), Calcium: 181.92mg (18.19%), Vitamin B5: 1.46mg (14.63%)