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Bagel with Cream Cheese and Lox ♦

A classic breakfast or brunch dish consisting of a bagel topped with cream cheese and lox (smoked salmon).

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: N/A

Total Time: 10 mins

Recipe Yield: 200 grams

Number of Servings: 1

Serving Size: 200 g

Ingredients

100 g	bagel
50 g	cream cheese
50 g	lox (smoked salmon)

Directions

Step 1

Cut

Slice the bagel in half.

Prep Time: 2 mins

Cook Time: 0 mins

Step 2

Spreading

Spread cream cheese on both halves of the bagel.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Plating

Place lox on top of the cream cheese.

Prep Time: 2 mins

Cook Time: 0 mins

Step 4

Serving

Serve and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 350 kcal

Fat: 15 g

Protein: 20 g

Carbohydrates: 35 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	35 g	63.64%	70%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Fibers	2 g	5.26%	8%
Sugars	3 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	8 g	N/A	N/A
Saturated Fat	4 g	18.18%	23.53%
Fat	15 g	53.57%	60%
Cholesterol	40 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	100 iu	11.11%	14.29%
Vitamin C	5 mg	5.56%	6.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	2 mcg	83.33%	83.33%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	2 mcg	13.33%	13.33%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	100 mg	10%	10%
Iron	2 mg	25%	11.11%
Potassium	400 mg	11.76%	15.38%
Zinc	2 mg	18.18%	25%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Meal Type

Breakfast Brunch Lunch Snack Supper

Course

Drinks Salads

Cultural

Chinese New Year Easter Halloween

Cost

Under \$10 \$10 to \$20 \$20 to \$30

Demographics

Kids Friendly Teen Friendly Lactation Friendly Diabetic Friendly

Heart Healthy

Diet

Mediterranean Diet

DASH Diet (Dietary Approaches to Stop Hypertension)

Flexitarian Diet

Weight Watchers (WW) Diet

Difficulty Level

Easy

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