

Bagel & Cream Cheese Bagelwich

INGREDIENTS

12 oz. **cooked beef**, sliced or shredded 2 medium **tomatoes**
4 **bagel thins** 1 **red onion**
½ cup reduced-fat **cream cheese** **Fresh fruit** (optional)
2 Tbsp. **nonpareil capers**, plus
additional for garnish

PREPARATION

❶ Spread cream cheese evenly on the cut side of each bagel half. Evenly sprinkle capers over the cream cheese. ❷ Top 4 of the bagel halves with tomato and onion slices. ❸ Layer beef on top of the tomatoes and onions. Garnish with additional capers if desired. Place remaining bagel halves on the top to make 4 sandwiches. Serve immediately or refrigerate until ready to eat. *Serves 4.*

Nutrition information per serving: 305 Calories; 90 Calories from fat; 10g Total Fat (4 g Saturated Fat; 4 g Monounsaturated Fat); 71 mg Cholesterol; 473 mg Sodium; 27 g Total Carbohydrate; 5.5 g Dietary Fiber; 29 g Protein; 4.2 mg Iron; 4.3 mg Niacin; 0.3 mg Vitamin B6; 2.8 mcg Vitamin B12; 5.6 mg Zinc; 26.4 mcg Selenium; 4.3 mg Choline.

This recipe is an excellent source of Dietary Fiber, Protein, Iron, Niacin, Vitamin B12, Zinc, and Selenium. It is a good source of Vitamin B6.



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