

# Bagel, Lox and Avocado

Yield: 4 min  
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/jewish-lox-recipe>

## Ingredients:

- 1 avocado ripe, peeled and mashed
- 2 tablespoons fresh lemon juice
- salt
- ground pepper
- 2 bagels split, toasted or not - it's up to you!
- 1 strip lox or smoked salmon
- red onion Thinly sliced

## Nutrition:

1. Calories: 230 calories
2. Carbohydrate: 35 grams
3. Fat: 9 grams
4. Fiber: 5 grams
5. Protein: 7 grams
6. SaturatedFat: 1 grams
7. Sodium: 430 milligrams
8. Sugar: 4 grams

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