



Everything Bagel Salmon



1/2 of recipe: 229 calories, 12g total fat (4g sat fat), 358mg sodium, 1.5g carbs, 0g fiber, 0.5g sugars, 24.5g protein

Green Plan [SmartPoints](#)® value 6*

Blue Plan (Freestyle™) [SmartPoints](#)® value 2*

Purple Plan [SmartPoints](#)® value 2*

Prep: 5 minutes **Cook:** 15 minutes



Tagged: [Lunch & Dinner Recipes](#), [30 Minutes or Less](#)

Ingredients

- Two 4-oz. raw skinless salmon fillets
- 1/4 tsp. garlic powder
- 1/4 tsp. onion powder
- 1 1/2 tbsp. light/reduced-fat cream cheese
- 1 tsp. Dijon mustard
- 1 tsp. light mayonnaise
- 1/8 tsp. lemon juice
- 1 tsp. everything bagel seasoning (like the kind by Trader Joe's or Wishful Seasoning)

Directions

Preheat oven to 450 degrees. Spray a baking sheet with nonstick spray.

Season salmon with garlic powder and onion powder. Place on the baking sheet, and bake until cooked through, about 14 minutes.

In a small bowl, combine cream cheese, mustard, mayo, and lemon juice. Stir until smooth and uniform. Spread over salmon. Top with everything bagel seasoning.

MAKES 2 SERVINGS

[SmartPoints](#)® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

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