



Apple-Cinnamon Bagel

READY IN



45 min.

SERVINGS



1

CALORIES



307 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup apples sliced
- ☐ 1 bagels whole-wheat thin (such as Thomas' Bagel Thins)
- ☐ 1 wedge /3-less-fat cinnamon cream cheese

Equipment

Directions

- ☐ Toast bagel.
- ☐ Spread cinnamon cream cheese over bottom half. Top with sliced apple and top half of bagel.

Nutrition Facts



PROTEIN 14.74% FAT 5.59% CARBS 79.67%

Properties

Glycemic Index:104, Glycemic Load:39.77, Inflammation Score:-2, Nutrition Score:5.7313043339097%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg

Nutrients (% of daily need)

Calories: 307.01kcal (15.35%), Fat: 1.89g (2.9%), Saturated Fat: 0.33g (2.07%), Carbohydrates: 60.46g (20.15%), Net Carbohydrates: 57.3g (20.84%), Sugar: 3.31g (3.68%), Cholesterol: 0.54mg (0.18%), Sodium: 564.6mg (24.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.18g (22.37%), Manganese: 0.58mg (28.9%), Fiber: 3.16g (12.66%), Vitamin B1: 0.18mg (11.79%), Phosphorus: 105.76mg (10.58%), Vitamin B3: 1.88mg (9.38%), Copper: 0.18mg (9%), Iron: 1.47mg (8.15%), Magnesium: 32.09mg (8.02%), Zinc: 0.94mg (6.28%), Folate: 24.23µg (6.06%), Vitamin B5: 0.41mg (4.09%), Potassium: 141.96mg (4.06%), Vitamin B2: 0.06mg (3.8%), Vitamin B6: 0.07mg (3.34%), Calcium: 22.25mg (2.23%), Vitamin C: 1.44mg (1.74%)