



Baby Bagel Sandwiches

READY IN



5 min.

SERVINGS



1

CALORIES



924 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup apples thin
- 2 bagels whole wheat split mini
- 4 slices oscar mayer deli ham smoked fresh
- 1 singles cut in half kraft
- 1 Tbsp philadelphia

Equipment

Directions

Spread bagel halves with reduced-fat cream cheese.

Fill with remaining ingredients.

Nutrition Facts

PROTEIN 20.85% **FAT 26.92%** **CARBS 52.23%**

Properties

Glycemic Index:131, Glycemic Load:79, Inflammation Score:-5, Nutrition Score:22.056521628214%

Flavonoids

Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 3.14mg, Epicatechin: 3.14mg, Epicatechin: 3.14mg, Epicatechin: 3.14mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg

Nutrients (% of daily need)

Calories: 923.56kcal (46.18%), Fat: 27.21g (41.86%), Saturated Fat: 10.11g (63.17%), Carbohydrates: 118.81g (39.6%), Net Carbohydrates: 112.98g (41.08%), Sugar: 4.95g (5.5%), Cholesterol: 84.25mg (28.08%), Sodium: 2509.77mg (109.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 47.44g (94.87%), Vitamin B1: 1.03mg (68.39%), Manganese: 1.17mg (58.29%), Phosphorus: 470.61mg (47.06%), Vitamin B3: 8.74mg (43.7%), Selenium: 26.67µg (38.1%), Zinc: 4.56mg (30.4%), Vitamin B6: 0.56mg (27.9%), Vitamin B2: 0.4mg (23.75%), Fiber: 5.83g (23.33%), Copper: 0.45mg (22.46%), Iron: 3.9mg (21.65%), Magnesium: 85.57mg (21.39%), Potassium: 598.5mg (17.1%), Vitamin B5: 1.38mg (13.82%), Folate: 52.12µg (13.03%), Vitamin B12: 0.75µg (12.48%), Calcium: 69.32mg (6.93%), Vitamin D: 0.78µg (5.23%), Vitamin A: 238.9IU (4.78%), Vitamin E: 0.6mg (4.02%), Vitamin C: 1.92mg (2.33%), Vitamin K: 1.22µg (1.16%)