



Baby PB&J Bagel Sandwiches

READY IN



12 min.

SERVINGS



6

CALORIES



247 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 bagels split mini
- ☐ 1 tablespoon butter melted
- ☐ 6 tablespoons creamy peanut butter
- ☐ 6 teaspoons grape jelly

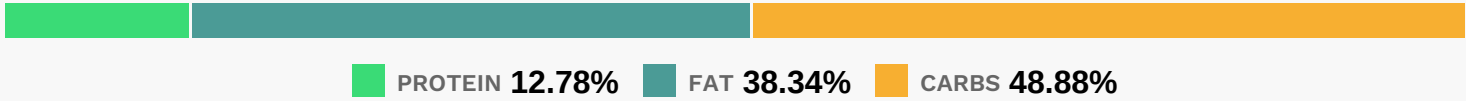
Equipment

- ☐ grill
- ☐ grill pan
- ☐ panini press

Directions

- ☐ Spread peanut butter evenly on cut sides of bottom halves of bagels; spread jelly evenly on cut sides of top halves of bagels.
- ☐ Place top halves of bagels on bottom halves, jelly sides down.
- ☐ Brush bagels lightly with melted butter; cook in a preheated panini press 2 minutes or until lightly browned and grill marks appear.
- ☐ Serve immediately.
- ☐ Note: Sandwiches may also be cooked in a grill pan. Cook 2 minutes on each side or until lightly browned and grill marks appear.

Nutrition Facts



Properties

Glycemic Index:31.83, Glycemic Load:18.46, Inflammation Score:-2, Nutrition Score:5.4026086547452%

Nutrients (% of daily need)

Calories: 247.21kcal (12.36%), Fat: 10.75g (16.53%), Saturated Fat: 2.91g (18.18%), Carbohydrates: 30.82g (10.27%), Net Carbohydrates: 29.01g (10.55%), Sugar: 5.08g (5.64%), Cholesterol: 5.02mg (1.67%), Sodium: 310.16mg (13.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.06g (16.11%), Manganese: 0.46mg (23.21%), Vitamin B3: 2.87mg (14.35%), Vitamin E: 1.52mg (10.13%), Magnesium: 39.55mg (9.89%), Phosphorus: 96.45mg (9.65%), Fiber: 1.81g (7.24%), Copper: 0.14mg (7.13%), Vitamin B1: 0.09mg (6.12%), Folate: 23.84µg (5.96%), Zinc: 0.78mg (5.22%), Iron: 0.88mg (4.9%), Vitamin B6: 0.09mg (4.7%), Potassium: 138.61mg (3.96%), Vitamin B2: 0.06mg (3.44%), Vitamin B5: 0.33mg (3.26%), Calcium: 17.36mg (1.74%), Selenium: 0.82µg (1.17%), Vitamin A: 58.31IU (1.17%)