



BLT Bagelwich

READY IN



10 min.

SERVINGS



10

CALORIES



247 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 bagels split toasted
- 4 lettuce leaves
- 0.3 cup miracle whip dressing
- 8 slices oscar mayer center cut bacon cooked drained cut in half, and
- 2 tomatoes cut into 4 slices each

Equipment

Directions

Spread cut sides of bagels evenly with dressing.

Fill evenly with lettuce, tomatoes and bacon.

Nutrition Facts

PROTEIN 13.69% **FAT 45.36%** **CARBS 40.95%**

Properties

Glycemic Index:11, Glycemic Load:15.7, Inflammation Score:-6, Nutrition Score:5.8452173937922%

Flavonoids

Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 246.82kcal (12.34%), Fat: 12.32g (18.96%), Saturated Fat: 3.97g (24.79%), Carbohydrates: 25.03g (8.34%), Net Carbohydrates: 23.55g (8.56%), Sugar: 1.4g (1.56%), Cholesterol: 19.58mg (6.53%), Sodium: 469.09mg (20.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.37g (16.74%), Vitamin A: 930.76IU (18.62%), Manganese: 0.29mg (14.34%), Vitamin B1: 0.17mg (11.11%), Vitamin B3: 2.08mg (10.41%), Phosphorus: 90.8mg (9.08%), Selenium: 5.85µg (8.35%), Vitamin B6: 0.13mg (6.37%), Vitamin C: 5.1mg (6.18%), Fiber: 1.48g (5.91%), Zinc: 0.77mg (5.14%), Potassium: 179.49mg (5.13%), Magnesium: 19.59mg (4.9%), Copper: 0.1mg (4.75%), Iron: 0.85mg (4.72%), Folate: 16.58µg (4.14%), Vitamin B2: 0.06mg (3.5%), Vitamin B5: 0.33mg (3.34%), Vitamin B12: 0.14µg (2.4%), Vitamin E: 0.29mg (1.9%), Vitamin K: 1.94µg (1.85%), Calcium: 15.3mg (1.53%)