



Blueberry Bagel Stack-Ups

 Vegetarian

READY IN



10 min.

SERVINGS



4

CALORIES



459 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup blueberries fresh
- ☐ 4 blueberry bagels split
- ☐ 1 tablespoon brown sugar
- ☐ 8 ounce process cream cheese light softened
- ☐ 1 inch pineapple fresh

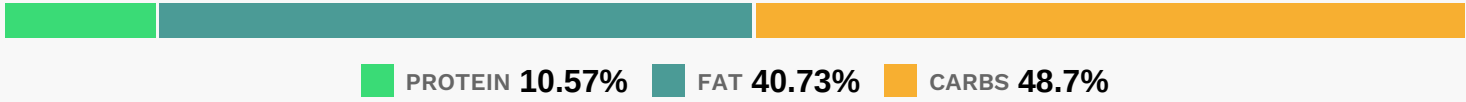
Equipment

- ☐ bowl

Directions

- ☐ Combine cream cheese and sugar in a small bowl, stirring well.
 - ☐ Spread cheese mixture evenly over cut sides of 4 bagel halves.
 - ☐ Place blueberry slices evenly over cheese mixture; top each serving with a pineapple slice.
- Top with remaining bagel halves.

Nutrition Facts



Properties

Glycemic Index:31.42, Glycemic Load:1.34, Inflammation Score:-7, Nutrition Score:12.985652166864%

Flavonoids

Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg Petunidin: 2.92mg, Petunidin: 2.92mg, Petunidin: 2.92mg Delphinidin: 3.28mg, Delphinidin: 3.28mg, Delphinidin: 3.28mg, Delphinidin: 3.28mg Malvidin: 6.25mg, Malvidin: 6.25mg, Malvidin: 6.25mg, Malvidin: 6.25mg Peonidin: 1.88mg, Peonidin: 1.88mg, Peonidin: 1.88mg, Peonidin: 1.88mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 459.3kcal (22.96%), Fat: 21.05g (32.38%), Saturated Fat: 11.7g (73.12%), Carbohydrates: 56.63g (18.88%), Net Carbohydrates: 54.35g (19.76%), Sugar: 11.35g (12.61%), Cholesterol: 57.27mg (19.09%), Sodium: 485.13mg (21.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.28g (24.57%), Selenium: 32.51µg (46.45%), Manganese: 0.82mg (41.24%), Folate: 104.59µg (26.15%), Vitamin B1: 0.36mg (23.91%), Vitamin B2: 0.38mg (22.41%), Iron: 3.49mg (19.41%), Vitamin A: 831.8IU (16.64%), Phosphorus: 150.95mg (15.09%), Vitamin B3: 2.84mg (14.19%), Fiber: 2.28g (9.11%), Zinc: 1.31mg (8.7%), Copper: 0.16mg (8.13%), Vitamin B5: 0.79mg (7.93%), Magnesium: 30.92mg (7.73%), Calcium: 75.04mg (7.5%), Potassium: 218.37mg (6.24%), Vitamin E: 0.82mg (5.44%), Vitamin B6: 0.09mg (4.68%), Vitamin K: 3.6µg (3.43%), Vitamin C: 1.82mg (2.21%), Vitamin B12: 0.12µg (2.08%)