



Breakfast Bagel Stack-Ups

READY IN



10 min.

SERVINGS



4

CALORIES



502 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 4 bagels plain split
- 1 tablespoon brown sugar
- 8 ounce process cream cheese light softened
- 1 inch pineapple fresh
- 0.3 cup strawberries fresh sliced

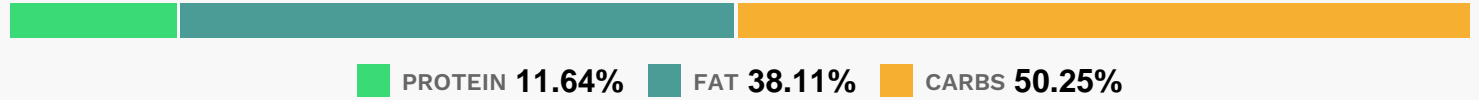
Equipment

- 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 strawberry slices evenly over cheese mixture; top each serving with a pineapple slice.
Top with remaining bagel halves.

Nutrition Facts



Properties

Glycemic Index:49.42, Glycemic Load:39.72, Inflammation Score:-5, Nutrition Score:8.4791304702344%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 2.24mg, Pelargonidin: 2.24mg, Pelargonidin: 2.24mg, Pelargonidin: 2.24mg Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 501.79kcal (25.09%), Fat: 21.21g (32.63%), Saturated Fat: 11.69g (73.04%), Carbohydrates: 62.92g (20.97%), Net Carbohydrates: 60.31g (21.93%), Sugar: 5.54g (6.16%), Cholesterol: 57.27mg (19.09%), Sodium: 739.67mg (32.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.58g (29.16%), Manganese: 0.62mg (30.79%), Phosphorus: 163.8mg (16.38%), Vitamin A: 762.92IU (15.26%), Vitamin B1: 0.19mg (12.46%), Vitamin B2: 0.19mg (11.01%), Fiber: 2.6g (10.42%), Vitamin B3: 1.94mg (9.69%), Copper: 0.19mg (9.39%), Magnesium: 37.07mg (9.27%), Iron: 1.55mg (8.61%), Zinc: 1.22mg (8.15%), Calcium: 77.91mg (7.79%), Folate: 30.51µg (7.63%), Vitamin B5: 0.72mg (7.21%), Selenium: 4.95µg (7.07%), Vitamin C: 5.6mg (6.78%), Potassium: 199.34mg (5.7%), Vitamin B6: 0.09mg (4.57%), Vitamin E: 0.51mg (3.43%), Vitamin B12: 0.12µg (2.08%), Vitamin K: 1.39µg (1.33%)