

Cran-Orange Turkey Bagel

 Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



254 kcal

SIDE DISH

Ingredients

- 11 ounces mandarin oranges drained canned
- 6 tablespoons cream cheese softened
- 6 dave's vanilla and coffee syrup split toasted
- 1 pound turkey cooked thinly sliced
- 14 ounces roasted cranberry sauce canned

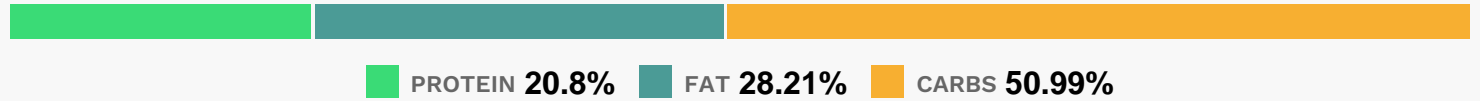
Equipment

- bowl

Directions

- In a bowl, mash mandarin oranges with a fork. Stir in cranberry sauce.
- Spread cream cheese over the bottom of each bagel; top with turkey and cran-orange sauce. Replace bagel tops.

Nutrition Facts



Properties

Glycemic Index:21.17, Glycemic Load:0.89, Inflammation Score:-6, Nutrition Score:8.4530434193818%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 1.79mg, Myricetin: 1.79mg, Myricetin: 1.79mg, Myricetin: 1.79mg Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg

Nutrients (% of daily need)

Calories: 254.04kcal (12.7%), Fat: 8.14g (12.52%), Saturated Fat: 3.72g (23.25%), Carbohydrates: 33.08g (11.03%), Net Carbohydrates: 31.73g (11.54%), Sugar: 26.37g (29.3%), Cholesterol: 53.29mg (17.76%), Sodium: 111.82mg (4.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.49g (26.98%), Vitamin C: 18.28mg (22.16%), Vitamin B3: 4.41mg (22.03%), Selenium: 13.16µg (18.8%), Vitamin A: 934.48IU (18.69%), Vitamin B6: 0.36mg (18.06%), Phosphorus: 122.14mg (12.21%), Vitamin B12: 0.69µg (11.45%), Vitamin B2: 0.16mg (9.57%), Zinc: 1.32mg (8.83%), Potassium: 228.86mg (6.54%), Vitamin E: 0.87mg (5.77%), Vitamin B1: 0.08mg (5.65%), Magnesium: 21.8mg (5.45%), Fiber: 1.35g (5.41%), Vitamin B5: 0.52mg (5.18%), Iron: 0.89mg (4.94%), Copper: 0.08mg (4.14%), Calcium: 28.25mg (2.83%), Manganese: 0.05mg (2.39%), Folate: 8.32µg (2.08%), Vitamin K: 1.23µg (1.17%), Vitamin D: 0.16µg (1.07%)