



## Cranberry-Turkey Bagel Sandwich

READY IN



5 min.

SERVINGS



5

CALORIES



52 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 Tbsp philadelphia cream cheese spread
- 6 slices oscar mayer deli turkey breast smoked fresh
- 1 multi-grain bagel split
- 1 onion red thin
- 1 Tbsp berry cranberry sauce whole

### Equipment

### Directions

Spread bagel halves with cream cheese spread.

Fill bagel halves with remaining ingredients.

## Nutrition Facts

**PROTEIN 21.36%** **FAT 28.88%** **CARBS 49.76%**

### Properties

Glycemic Index:19.34, Glycemic Load:1.9, Inflammation Score:-2, Nutrition Score:1.8108695551105%

### Flavonoids

Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 4.54mg, Quercetin: 4.54mg, Quercetin: 4.54mg, Quercetin: 4.54mg

### Nutrients (% of daily need)

Calories: 51.73kcal (2.59%), Fat: 1.68g (2.58%), Saturated Fat: 0.96g (6.01%), Carbohydrates: 6.51g (2.17%), Net Carbohydrates: 5.77g (2.1%), Sugar: 2.5g (2.77%), Cholesterol: 7.04mg (2.35%), Sodium: 170.36mg (7.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.79g (5.59%), Manganese: 0.15mg (7.49%), Phosphorus: 40.64mg (4.06%), Fiber: 0.74g (2.97%), Calcium: 23.01mg (2.3%), Copper: 0.05mg (2.3%), Magnesium: 9.16mg (2.29%), Selenium: 1.57µg (2.24%), Vitamin B1: 0.03mg (2.16%), Vitamin C: 1.66mg (2.01%), Vitamin B6: 0.04mg (1.95%), Potassium: 66.64mg (1.9%), Iron: 0.31mg (1.71%), Folate: 6.56µg (1.64%), Zinc: 0.22mg (1.46%), Vitamin B3: 0.28mg (1.38%), Vitamin A: 62.67IU (1.25%)