



Cream Cheese, Tomato, Red Onion, and Avocado Bagel

 Dairy Free

READY IN



15 min.

SERVINGS



2

CALORIES



240 kcal

SIDE DISH

Ingredients

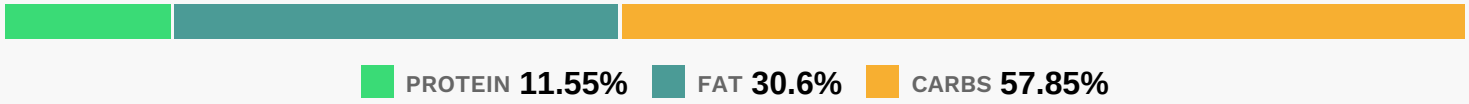
- ☐ 0.5 avocado peeled sliced
- ☐ 4 ounce bagels split toasted
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 1 slice onion red halved (1/8-inch-thick)
- ☐ 2 slices tomatoes

Equipment

Directions

- ☐
- Spread 1 tablespoon cream cheese over cut side of each bagel half. Top each half with 1 tomato slice, half of onion slice, and half of avocado slices.
- ☐
- Sprinkle evenly with pepper.

Nutrition Facts



Properties

Glycemic Index:104.5, Glycemic Load:21.4, Inflammation Score:-3, Nutrition Score:7.3513044105924%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg

Nutrients (% of daily need)

Calories: 239.62kcal (11.98%), Fat: 8.31g (12.78%), Saturated Fat: 1.2g (7.5%), Carbohydrates: 35.34g (11.78%), Net Carbohydrates: 30.5g (11.09%), Sugar: 0.66g (0.73%), Cholesterol: 0mg (0%), Sodium: 306.65mg (13.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.06g (14.11%), Manganese: 0.4mg (20.18%), Fiber: 4.83g (19.33%), Folate: 54.68µg (13.67%), Vitamin K: 10.86µg (10.35%), Copper: 0.19mg (9.64%), Vitamin B3: 1.89mg (9.43%), Vitamin B5: 0.92mg (9.15%), Potassium: 315.23mg (9.01%), Vitamin B1: 0.13mg (8.65%), Vitamin B6: 0.17mg (8.38%), Phosphorus: 83.03mg (8.3%), Magnesium: 32.04mg (8.01%), Vitamin E: 1.05mg (6.99%), Vitamin C: 5.68mg (6.88%), Iron: 1.08mg (5.98%), Vitamin B2: 0.1mg (5.71%), Zinc: 0.84mg (5.57%), Calcium: 18.5mg (1.85%), Vitamin A: 82.52IU (1.65%)