



## Easy Breakfast-Time Bagel

READY IN



15 min.

SERVINGS



15

CALORIES



43 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 1 cup baby spinach leaves loosely packed
- 1 bagels whole wheat toasted
- 2 eggs beaten
- 2 milk singles 2% kraft
- 2 Tbsp onions red divided finely chopped
- 4 slices oscar mayer turkey bacon

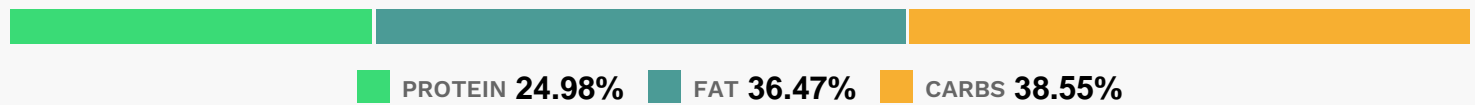
### Equipment

- frying pan

## Directions

- Cook bacon in skillet until crisp.
- Place bacon and 2% Milk Singles on bagel halves.
- Mix eggs, spinach and 1 Tbsp. onions.
- Add to same skillet; cook on medium-high heat 1 to 2 min. or until eggs are set and spinach is wilted, stirring occasionally.
- Top bagel halves with egg mixture; sprinkle with remaining onions.

## Nutrition Facts



## Properties

Glycemic Index:8.73, Glycemic Load:2.61, Inflammation Score:-2, Nutrition Score:2.0621739289035%

## Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

## Nutrients (% of daily need)

Calories: 42.96kcal (2.15%), Fat: 1.72g (2.65%), Saturated Fat: 0.51g (3.2%), Carbohydrates: 4.1g (1.37%), Net Carbohydrates: 3.87g (1.41%), Sugar: 0.09g (0.1%), Cholesterol: 25.49mg (8.5%), Sodium: 132.71mg (5.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.66g (5.31%), Vitamin K: 9.95µg (9.47%), Vitamin A: 219.38IU (4.39%), Selenium: 2.79µg (3.99%), Phosphorus: 37mg (3.7%), Manganese: 0.06mg (2.96%), Vitamin B2: 0.04mg (2.58%), Folate: 8.77µg (2.19%), Iron: 0.33mg (1.85%), Zinc: 0.26mg (1.76%), Vitamin B6: 0.03mg (1.55%), Magnesium: 5.54mg (1.39%), Vitamin B3: 0.28mg (1.38%), Potassium: 43.21mg (1.23%), Copper: 0.02mg (1.22%), Vitamin B1: 0.02mg (1.21%), Vitamin B5: 0.12mg (1.19%), Vitamin B12: 0.07µg (1.11%)