



Fruity Morning Bagel

READY IN



5 min.

SERVINGS



5

CALORIES



75 kcal

SIDE DISH

Ingredients

- 1 bagels plain split toasted
- 2 Tbsp philadelphia strawberry cream cheese spread
- 2 strawberries fresh sliced

Equipment

Directions

- Spread bagel halves with cream cheese spread.
- Top with strawberry slices.

Nutrition Facts

PROTEIN 14.22% FAT 21.1% CARBS 64.68%

Properties

Glycemic Index:22.4, Glycemic Load:7.84, Inflammation Score:-1, Nutrition Score:1.4069565238998%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 1.19mg, Pelargonidin: 1.19mg, Pelargonidin: 1.19mg, Pelargonidin: 1.19mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg 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: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 75.16kcal (3.76%), Fat: 1.74g (2.67%), Saturated Fat: 0.94g (5.87%), Carbohydrates: 11.98g (3.99%), Net Carbohydrates: 11.4g (4.15%), Sugar: 0.43g (0.48%), Cholesterol: 3.97mg (1.32%), Sodium: 141.88mg (6.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.63g (5.27%), Manganese: 0.13mg (6.6%), Vitamin C: 2.82mg (3.42%), Vitamin B1: 0.04mg (2.36%), Fiber: 0.58g (2.32%), Phosphorus: 21.31mg (2.13%), Vitamin B3: 0.39mg (1.94%), Copper: 0.04mg (1.83%), Iron: 0.31mg (1.7%), Magnesium: 6.71mg (1.68%), Folate: 5.77µg (1.44%), Zinc: 0.19mg (1.28%), Vitamin A: 61.38IU (1.23%), Calcium: 12.23mg (1.22%)