



Ham & Apple Bagel Sandwich

READY IN



5 min.

SERVINGS



5

CALORIES



187 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 bagels whole wheat split toasted
- 6 slices oscar mayer deli ham smoked fresh
- 3 slices apples i use 2 granny smith apples
- 2 tsp miracle whip dressing
- 1 Tbsp sharp cheddar cheese shredded kraft

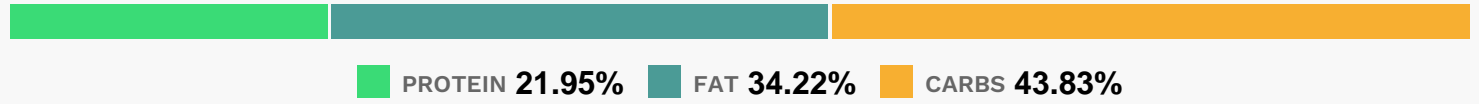
Equipment

- microwave

Directions

- Spread bagel halves with dressing.
- Top 1 half with ham, apples and cheese; place on microwaveable plate.
- Microwave on HIGH 30 sec. or until cheese begins to melt. Cover with remaining bagel half.

Nutrition Facts



Properties

Glycemic Index:26.2, Glycemic Load:10.13, Inflammation Score:-2, Nutrition Score:5.5134782739308%

Flavonoids

Cyanidin: 1.03mg, Cyanidin: 1.03mg, Cyanidin: 1.03mg, Cyanidin: 1.03mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.85mg, Catechin: 0.85mg, Catechin: 0.85mg, Catechin: 0.85mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 4.92mg, Epicatechin: 4.92mg, Epicatechin: 4.92mg, Epicatechin: 4.92mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.62mg, Quercetin: 2.62mg, Quercetin: 2.62mg, Quercetin: 2.62mg

Nutrients (% of daily need)

Calories: 187.33kcal (9.37%), Fat: 7.16g (11.01%), Saturated Fat: 2.66g (16.64%), Carbohydrates: 20.62g (6.87%), Net Carbohydrates: 18.53g (6.74%), Sugar: 7.02g (7.8%), Cholesterol: 24.01mg (8%), Sodium: 547.01mg (23.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.33g (20.65%), Vitamin B1: 0.25mg (16.54%), Selenium: 8.48µg (12.11%), Phosphorus: 113.1mg (11.31%), Vitamin B3: 1.93mg (9.65%), Vitamin B6: 0.17mg (8.36%), Fiber: 2.09g (8.36%), Zinc: 1.1mg (7.34%), Manganese: 0.14mg (7.06%), Vitamin B2: 0.12mg (6.79%), Potassium: 190.57mg (5.44%), Magnesium: 16.55mg (4.14%), Vitamin B12: 0.25µg (4.11%), Copper: 0.08mg (4.04%), Iron: 0.66mg (3.69%), Vitamin C: 3.01mg (3.65%), Calcium: 31.39mg (3.14%), Vitamin B5: 0.28mg (2.82%), Folate: 8.22µg (2.05%), Vitamin E: 0.26mg (1.74%), Vitamin D: 0.25µg (1.69%), Vitamin K: 1.51µg (1.44%), Vitamin A: 66.76IU (1.34%)