



Ham Bagels With Honey Mustard Cream Cheese

 Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



465 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 bagels split
- 0.5 cup whipped cream cheese
- 2 tablespoons dijon mustard
- 8 slices ham deli-style
- 1 tablespoon honey

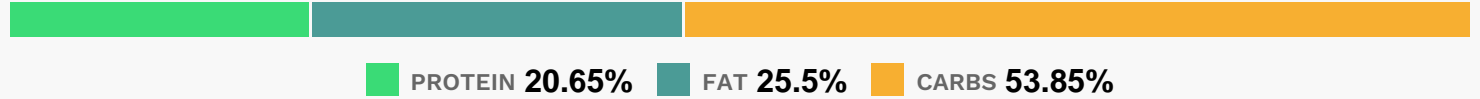
Equipment

- bowl

Directions

- Mix the cream cheese, mustard, and honey in a small bowl.
- Spread cream cheese mixture over cut sides of 4 bagel halves. Top evenly with ham. Sandwich with the remaining bagel halves.

Nutrition Facts



Properties

Glycemic Index:52.82, Glycemic Load:41.43, Inflammation Score:-2, Nutrition Score:11.136086849739%

Nutrients (% of daily need)

Calories: 464.64kcal (23.23%), Fat: 12.99g (19.99%), Saturated Fat: 4.64g (28.98%), Carbohydrates: 61.73g (20.58%), Net Carbohydrates: 58.98g (21.45%), Sugar: 5.02g (5.57%), Cholesterol: 40.42mg (13.47%), Sodium: 1308.73mg (56.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.68g (47.36%), Vitamin B1: 0.52mg (34.98%), Manganese: 0.61mg (30.52%), Phosphorus: 235.63mg (23.56%), Selenium: 15.41µg (22.01%), Vitamin B3: 4.4mg (21.99%), Zinc: 2.31mg (15.4%), Vitamin B6: 0.28mg (13.79%), Iron: 2.06mg (11.45%), Magnesium: 45.62mg (11.4%), Copper: 0.23mg (11.29%), Vitamin B2: 0.19mg (11.19%), Fiber: 2.75g (10.99%), Potassium: 291.21mg (8.32%), Vitamin B5: 0.69mg (6.86%), Folate: 25.64µg (6.41%), Vitamin B12: 0.38µg (6.34%), Calcium: 35.44mg (3.54%), Vitamin D: 0.42µg (2.81%), Vitamin E: 0.28mg (1.84%), Vitamin A: 56.7IU (1.13%)