

CHEESE

Ham Bagels with Honey-Mustard Cream Cheese

7 January 2025

TOTAL TIME	PREP	SERVES	PER SERVING	CALORIES
5 min	5 min	4	\$1.97	464 kcal



Are you looking for a quick and delicious meal that combines savory and sweet flavors? Look no further than these delightful Ham Bagels with Honey-Mustard Cream Cheese! Perfect for a busy morning or a satisfying lunch, this recipe is not only easy to prepare but also packed with flavor. In just 5 mi...

Ingredients

- ☐ ½ cup whipped cream cheese spread
- ☐ 1 tablespoon honey
- ☐ 8 ounces deli-style sliced fully cooked ham
- ☐ 2 tablespoons Dijon mustard
- ☐ 4 bagels, cut horizontally in half

EQUIPMENT Bowl

Method

- 1

In small bowl, mix cream cheese, mustard and honey.
- 2

Spread cream cheese mixture over cut sides of bagels. Fill bagels with ham.

Nutrition per serving			
	464	24 g	12 g
	KCAL	PROTEIN	FAT
			63 g
			CARBS
Saturated Fat			5.2 g · 32% of daily needs
Fibre			2.8 g · 11% of daily needs
Sugar			5.3 g · 6% of daily needs
Sodium			1,430 mg · 62% of daily needs
Cholesterol			59 mg · 20% of daily needs
Vitamin C			13.3 mg · 16% of daily needs

Adapted from Betty Crocker. Find this recipe, ratings and more ideas at [whatsheate.com/ham-bagels-with-honey-mustard-cream-cheese-20921](https://www.whatsheate.com/ham-bagels-with-honey-mustard-cream-cheese-20921)