



Ham Bagels with Honey-Mustard Cream Cheese

READY IN



5 min.

SERVINGS



4

CALORIES



464 kcal

Ingredients

- 4 bagels
- 0.5 cup approx cream cheese spread
- 8 ounces finely-chopped ham deli-style fully cooked sliced
- 2 tablespoons dijon mustard
- 1 tablespoon honey

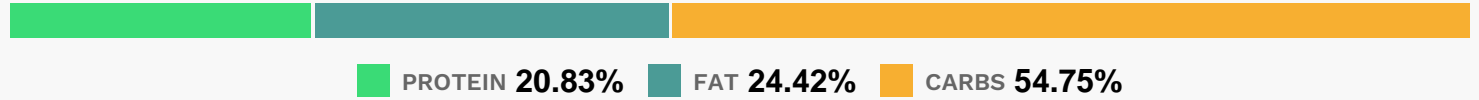
Equipment

- bowl

Directions

- In small bowl, mix cream cheese, mustard and honey.
- Spread cream cheese mixture over cut sides of bagels. Fill bagels with ham.

Nutrition Facts



Properties

Glycemic Index:39.07, Glycemic Load:40.91, Inflammation Score:-4, Nutrition Score:12.09391298631%

Nutrients (% of daily need)

Calories: 464.14kcal (23.21%), Fat: 12.4g (19.08%), Saturated Fat: 5.17g (32.29%), Carbohydrates: 62.55g (20.85%), Net Carbohydrates: 59.8g (21.75%), Sugar: 5.3g (5.88%), Cholesterol: 58.98mg (19.66%), Sodium: 1429.94mg (62.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.8g (47.6%), Vitamin B1: 0.49mg (32.39%), Manganese: 0.63mg (31.46%), Phosphorus: 274.67mg (27.47%), Selenium: 13.82µg (19.74%), Vitamin B3: 3.91mg (19.54%), Vitamin C: 13.27mg (16.08%), Zinc: 2.25mg (14.99%), Vitamin B12: 0.8µg (13.32%), Copper: 0.24mg (12.16%), Vitamin B2: 0.2mg (11.56%), Magnesium: 46.06mg (11.52%), Iron: 2.05mg (11.4%), Fiber: 2.75g (10.99%), Vitamin B6: 0.21mg (10.26%), Vitamin B5: 0.9mg (9.02%), Potassium: 279.35mg (7.98%), Folate: 25.43µg (6.36%), Calcium: 61.39mg (6.14%), Vitamin A: 274.89IU (5.5%)