



## Ham Garden Bagel

READY IN



5 min.

SERVINGS



5

CALORIES



118 kcal

SIDE DISH

### Ingredients

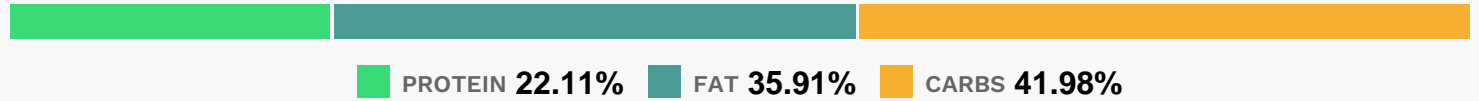
- 1 bagels plain split
- 2 Tbsp philadelphia garden vegetable cream cheese spread
- 3 slices oscar mayer ham smoked
- 1 romaine leaves
- 1 big mild cheddar cheese halved kraft
- 2 slices tomatoes

### Equipment

## Directions

- Spread bagel halves evenly with cream cheese spread.
- Cover 1 bagel half with cheddar cheese, lettuce, ham and tomatoes; top with remaining bagel half.

## Nutrition Facts



## Properties

Glycemic Index:27.4, Glycemic Load:7.84, Inflammation Score:-4, Nutrition Score:3.6047826331595%

## Flavonoids

Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

## Nutrients (% of daily need)

Calories: 117.93kcal (5.9%), Fat: 4.63g (7.12%), Saturated Fat: 1.98g (12.4%), Carbohydrates: 12.18g (4.06%), Net Carbohydrates: 11.52g (4.19%), Sugar: 0.53g (0.59%), Cholesterol: 14.58mg (4.86%), Sodium: 344.44mg (14.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.42g (12.83%), Vitamin A: 508.16IU (10.16%), Vitamin B1: 0.14mg (9.6%), Manganese: 0.14mg (7.12%), Phosphorus: 61.01mg (6.1%), Vitamin B3: 1.2mg (6.01%), Selenium: 3.9µg (5.57%), Vitamin B6: 0.09mg (4.41%), Zinc: 0.61mg (4.07%), Vitamin B2: 0.06mg (3.28%), Potassium: 104.32mg (2.98%), Vitamin C: 2.34mg (2.84%), Iron: 0.5mg (2.8%), Magnesium: 11.15mg (2.79%), Copper: 0.05mg (2.73%), Fiber: 0.66g (2.64%), Folate: 8.61µg (2.15%), Vitamin B12: 0.11µg (1.83%), Calcium: 16.86mg (1.69%), Vitamin B5: 0.16mg (1.63%)