



## Ham & Herb Bagel Sandwich

 Gluten Free

READY IN



5 min.

SERVINGS



5

CALORIES



214 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

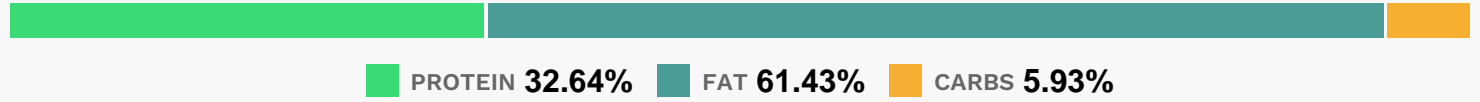
- 1 Tbsp apricot preserves
- 2 Tbsp philadelphia chive & onion
- 12 slices oscar mayer deli ham smoked fresh
- 2 egg bagels split toasted
- 2 leaf lettuce leaves

### Equipment

## Directions

- Spread cream cheese onto bottom halves of bagels; top with preserves.
- Cover with ham, lettuce and tops of bagels.

## Nutrition Facts



## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:7.9478260116733%

## Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 214.08kcal (10.7%), Fat: 14.34g (22.06%), Saturated Fat: 5.46g (34.13%), Carbohydrates: 3.1g (1.04%), Net Carbohydrates: 3.1g (1.13%), Sugar: 2g (2.23%), Cholesterol: 111.1mg (37.03%), Sodium: 854.06mg (37.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.14g (34.28%), Selenium: 20.74µg (29.63%), Vitamin B1: 0.41mg (27.42%), Phosphorus: 178.89mg (17.89%), Vitamin B3: 3.01mg (15.07%), Vitamin B6: 0.29mg (14.32%), Vitamin B2: 0.23mg (13.54%), Zinc: 1.79mg (11.93%), Vitamin B12: 0.59µg (9.78%), Potassium: 220.34mg (6.3%), Vitamin B5: 0.58mg (5.78%), Vitamin D: 0.82µg (5.48%), Iron: 0.92mg (5.09%), Vitamin A: 193.66IU (3.87%), Magnesium: 15.09mg (3.77%), Copper: 0.07mg (3.62%), Vitamin E: 0.43mg (2.89%), Folate: 10.48µg (2.62%), Calcium: 23.18mg (2.32%)