



Honey Ham Bagel Sandwiches

READY IN



15 min.

SERVINGS



4

CALORIES



279 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 bagels split toasted
- 4 ounce ham fully cooked
- 4 teaspoons dijon honey mustard
- 2 ounce swiss cheese thin

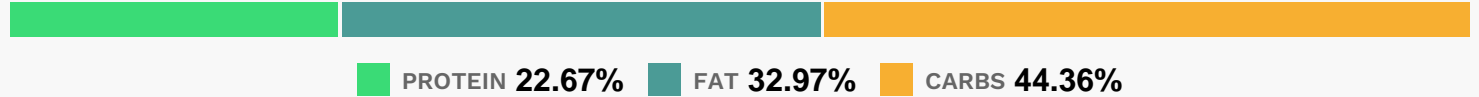
Equipment

- baking sheet
- oven

Directions

- Heat oven to 40
- Spread each bagel half with 1 teaspoon mustard. Top each with ham and cheese.
- Place on cookie sheet.
- Bake 3 to 5 minutes or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:24.75, Glycemic Load:19.37, Inflammation Score:-2, Nutrition Score:7.2382608418879%

Nutrients (% of daily need)

Calories: 278.97kcal (13.95%), Fat: 9.99g (15.37%), Saturated Fat: 4.39g (27.44%), Carbohydrates: 30.24g (10.08%), Net Carbohydrates: 29.03g (10.56%), Sugar: 1g (1.11%), Cholesterol: 30.76mg (10.25%), Sodium: 668.08mg (29.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.45g (30.91%), Phosphorus: 192.43mg (19.24%), Vitamin B1: 0.26mg (17.17%), Selenium: 10.7µg (15.29%), Manganese: 0.29mg (14.41%), Calcium: 137.59mg (13.76%), Zinc: 1.74mg (11.59%), Vitamin B3: 2.2mg (10.98%), Vitamin B12: 0.61µg (10.16%), Vitamin B2: 0.13mg (7.82%), Vitamin B6: 0.14mg (7.22%), Magnesium: 25.29mg (6.32%), Copper: 0.12mg (5.79%), Iron: 0.98mg (5.44%), Fiber: 1.21g (4.83%), Potassium: 144.17mg (4.12%), Vitamin B5: 0.38mg (3.81%), Folate: 13.68µg (3.42%), Vitamin A: 117.65IU (2.35%), Vitamin D: 0.2µg (1.32%), Vitamin E: 0.19mg (1.25%)