

Hula Bagel Melt

READY IN



5 min.

SERVINGS



5

CALORIES



115 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 bagels plain toasted (4 inch)
- 2 tsp bull's-eye original barbecue sauce kraft
- 6 slices oscar mayer deli ham smoked fresh
- 1 big mild cheddar cheese kraft
- 1 pineapple ring dry canned drained

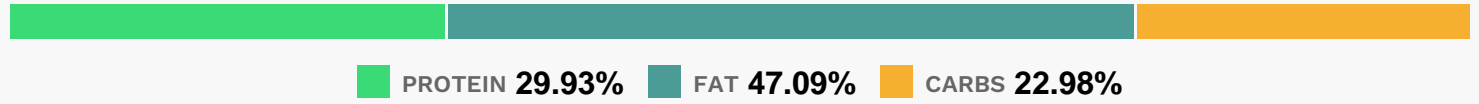
Equipment

- microwave

Directions

- Spread bagel with barbecue sauce; place on microwaveable plate.
- Top with ham, pineapple and cheese.
- Microwave on HIGH 30 sec. or until cheese begins to melt.

Nutrition Facts



Properties

Glycemic Index:19.8, Glycemic Load:3.86, Inflammation Score:-1, Nutrition Score:3.6695651807215%

Nutrients (% of daily need)

Calories: 114.9kcal (5.74%), Fat: 5.88g (9.05%), Saturated Fat: 2.07g (12.95%), Carbohydrates: 6.46g (2.15%), Net Carbohydrates: 6.2g (2.25%), Sugar: 0.69g (0.77%), Cholesterol: 21.03mg (7.01%), Sodium: 476.81mg (20.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.41g (16.83%), Vitamin B1: 0.22mg (14.65%), Selenium: 7.71µg (11.02%), Vitamin B3: 1.7mg (8.48%), Phosphorus: 83.31mg (8.33%), Vitamin B6: 0.13mg (6.74%), Zinc: 0.88mg (5.89%), Vitamin B2: 0.08mg (4.81%), Vitamin B12: 0.22µg (3.62%), Manganese: 0.06mg (3.2%), Potassium: 111.74mg (3.19%), Iron: 0.45mg (2.49%), Magnesium: 9.77mg (2.44%), Copper: 0.05mg (2.34%), Vitamin B5: 0.2mg (1.96%), Vitamin D: 0.24µg (1.58%), Fiber: 0.26g (1.05%)