



Italian Bagel Snack

 Dairy Free

READY IN



5 min.

SERVINGS



2

CALORIES



408 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 bagels plain split toasted
- 2 Tbsp balsamic vinaigrette dressing kraft
- 3 cherry tomatoes halved
- 6 slices oscar mayer deli honey ham fresh

Equipment

Directions

Drizzle cut sides of bagels with dressing.

Top with ham and tomatoes.

Nutrition Facts



Properties

Glycemic Index:36, Glycemic Load:19.32, Inflammation Score:-2, Nutrition Score:11.250869613627%

Flavonoids

Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 408.09kcal (20.4%), Fat: 20.46g (31.47%), Saturated Fat: 5.64g (35.26%), Carbohydrates: 30.06g (10.02%), Net Carbohydrates: 28.67g (10.43%), Sugar: 1.13g (1.26%), Cholesterol: 52.08mg (17.36%), Sodium: 1415.23mg (61.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.87g (47.75%), Vitamin B1: 0.6mg (39.97%), Selenium: 19.2µg (27.42%), Vitamin B3: 4.81mg (24.03%), Phosphorus: 237.3mg (23.73%), Vitamin B6: 0.37mg (18.31%), Zinc: 2.45mg (16.31%), Manganese: 0.32mg (16.1%), Vitamin B2: 0.22mg (12.86%), Potassium: 348.86mg (9.97%), Iron: 1.62mg (8.99%), Vitamin B12: 0.54µg (8.96%), Copper: 0.17mg (8.72%), Magnesium: 33.48mg (8.37%), Vitamin C: 5.81mg (7.05%), Vitamin B5: 0.61mg (6.07%), Fiber: 1.39g (5.54%), Folate: 17.39µg (4.35%), Vitamin D: 0.59µg (3.92%), Vitamin E: 0.45mg (2.97%), Vitamin A: 124.69IU (2.49%), Calcium: 19.63mg (1.96%)