



Jack-'O-Lantern Sandwiches

READY IN



45 min.

SERVINGS



3

CALORIES



1192 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 bagels halved
- ☐ 3 slices bacon cooked
- ☐ 1 cup deli honey ham chopped
- ☐ 1 spring onion finely chopped
- ☐ 3 servings bell pepper green cut into small triangles
- ☐ 1 cup mayonnaise
- ☐ 1 cup cheddar cheese shredded

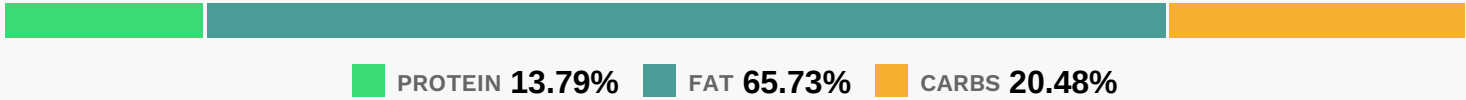
Equipment

- ☐ bowl
- ☐ broiler pan

Directions

- ☐ In a bowl, combine mayonnaise, ham, cheese and green onion.
- ☐ Spread mixture onto the cut sides of bagel halves. Arrange bagels on a broiler pan. Broil for 5 minutes, until cheese is melted and bubbly.
- ☐ Add cut pieces of green pepper for eyes and a bacon strip for mouth.

Nutrition Facts



Properties

Glycemic Index:63.67, Glycemic Load:39.33, Inflammation Score:-7, Nutrition Score:28.222608960193%

Flavonoids

Luteolin: 2.8mg, Luteolin: 2.8mg, Luteolin: 2.8mg, Luteolin: 2.8mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 1.74mg, Quercetin: 1.74mg, Quercetin: 1.74mg, Quercetin: 1.74mg

Nutrients (% of daily need)

Calories: 1192.42kcal (59.62%), Fat: 86.48g (133.05%), Saturated Fat: 21.91g (136.94%), Carbohydrates: 60.61g (20.2%), Net Carbohydrates: 57.07g (20.75%), Sugar: 2.07g (2.3%), Cholesterol: 125.84mg (41.95%), Sodium: 2354.1mg (102.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.83g (81.65%), Vitamin K: 135.29µg (128.85%), Vitamin C: 48.59mg (58.9%), Phosphorus: 502.18mg (50.22%), Vitamin B1: 0.74mg (49.63%), Selenium: 34.36µg (49.08%), Manganese: 0.67mg (33.39%), Vitamin B3: 6.53mg (32.65%), Calcium: 306.41mg (30.64%), Zinc: 4.59mg (30.57%), Vitamin B6: 0.56mg (28.19%), Vitamin B2: 0.45mg (26.33%), Vitamin E: 3.29mg (21.94%), Vitamin B12: 1.08µg (18.01%), Magnesium: 65.58mg (16.4%), Copper: 0.31mg (15.71%), Potassium: 530.62mg (15.16%), Iron: 2.67mg (14.83%), Fiber: 3.53g (14.12%), Vitamin A: 688.94IU (13.78%), Vitamin B5: 1.18mg (11.77%), Folate: 45.62µg (11.4%), Vitamin D: 0.96µg (6.4%)