



## Mediterranean Bagel Snacks

 Dairy Free

READY IN



15 min.

SERVINGS



2

CALORIES



377 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup baby arugula leaves packed
- 2 bagels plain split toasted pepperidge farm®
- 2 slices onion red
- 4 slices deli roast beef thin
- 2 tablespoons roasted garlic-flavored hummus
- 2 tablespoons roasted peppers red jarred drained cut into strips

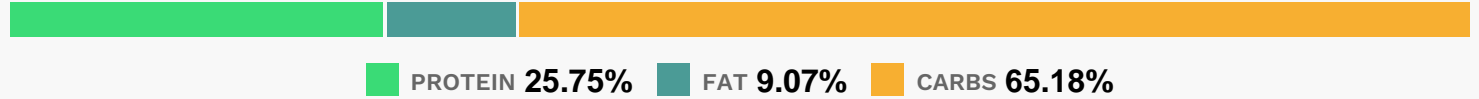
### Equipment

- toothpicks

## Directions

- Spread 1 1/2 teaspoons hummus on each bagel half. Divide the beef, pepper strips, onion and arugula between 2 bagel halves. Top with the remaining bagel halves.
- Cut each bagel into 8 "bites" and secure with toothpicks.

## Nutrition Facts



## Properties

Glycemic Index:80.5, Glycemic Load:39.7, Inflammation Score:-5, Nutrition Score:14.593478200876%

## Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 1.86mg, Kaempferol: 1.86mg, Kaempferol: 1.86mg, Kaempferol: 1.86mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 3.38mg, Quercetin: 3.38mg, Quercetin: 3.38mg, Quercetin: 3.38mg

## Nutrients (% of daily need)

Calories: 377.38kcal (18.87%), Fat: 3.77g (5.8%), Saturated Fat: 0.93g (5.79%), Carbohydrates: 60.95g (20.32%), Net Carbohydrates: 57.87g (21.05%), Sugar: 0.78g (0.86%), Cholesterol: 31.92mg (10.64%), Sodium: 1609.2mg (69.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.09g (48.17%), Vitamin C: 36.36mg (44.07%), Manganese: 0.77mg (38.46%), Vitamin B3: 6.18mg (30.88%), Phosphorus: 230.74mg (23.07%), Vitamin B6: 0.42mg (21.18%), Zinc: 3.11mg (20.75%), Calcium: 207.46mg (20.75%), Iron: 2.96mg (16.45%), Vitamin B12: 0.95µg (15.87%), Vitamin B1: 0.22mg (14.98%), Copper: 0.26mg (13.14%), Magnesium: 49.59mg (12.4%), Fiber: 3.08g (12.31%), Potassium: 355.41mg (10.15%), Folate: 38.31µg (9.58%), Vitamin B2: 0.14mg (8.52%), Selenium: 5.02µg (7.17%), Vitamin B5: 0.64mg (6.42%), Vitamin K: 5.64µg (5.37%), Vitamin A: 196.54IU (3.93%)