



Mediterranean Turkey Bagelwiches

 Dairy Free

READY IN



5 min.

SERVINGS



4

CALORIES



422 kcal

Ingredients

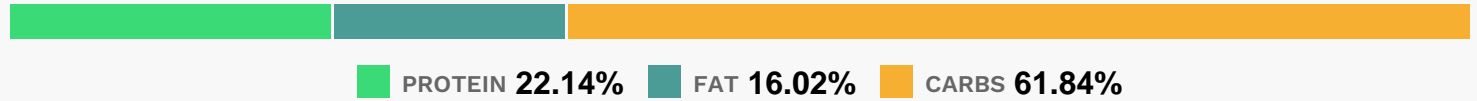
- 4 bagels
- 1 medium cucumber thinly sliced
- 5 ounces water refrigerated
- 1 small onion red thinly sliced
- 16 pkt spinach
- 0.5 pound turkey smoked sliced

Equipment

Directions

- Spread about 1 tablespoon hummus over each of 4 bagel halves.
- Layer turkey, cucumber, onion and spinach on bagel halves with hummus. Top with remaining bagel halves.

Nutrition Facts



Properties

Glycemic Index:42.38, Glycemic Load:40.02, Inflammation Score:-6, Nutrition Score:15.294782721478%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.74mg, Quercetin: 5.74mg, Quercetin: 5.74mg, Quercetin: 5.74mg

Nutrients (% of daily need)

Calories: 422.29kcal (21.11%), Fat: 7.48g (11.5%), Saturated Fat: 1.35g (8.43%), Carbohydrates: 64.93g (21.64%), Net Carbohydrates: 59.48g (21.63%), Sugar: 1.9g (2.11%), Cholesterol: 28.98mg (9.66%), Sodium: 745.36mg (32.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.25g (46.5%), Manganese: 0.95mg (47.69%), Vitamin B3: 5.2mg (26.02%), Phosphorus: 257.33mg (25.73%), Copper: 0.44mg (22.03%), Vitamin K: 23.05µg (21.95%), Fiber: 5.45g (21.79%), Vitamin B6: 0.43mg (21.6%), Magnesium: 77.61mg (19.4%), Vitamin B1: 0.29mg (19.04%), Folate: 75.35µg (18.84%), Zinc: 2.44mg (16.28%), Iron: 2.92mg (16.2%), Selenium: 9.72µg (13.89%), Potassium: 407.83mg (11.65%), Vitamin B2: 0.18mg (10.55%), Vitamin B5: 0.91mg (9.11%), Vitamin A: 444.98IU (8.9%), Vitamin B12: 0.49µg (8.19%), Vitamin C: 4.77mg (5.78%), Calcium: 54.11mg (5.41%)