



Morning Bagel

READY IN



5 min.

SERVINGS



5

CALORIES



89 kcal

SIDE DISH

Ingredients

- 1 bagels split toasted
- 0.5 cup banana
- 0.5 tsp cinnamon sugar
- 0.5 cup knudsen milkfat cottage cheese 2% low fat

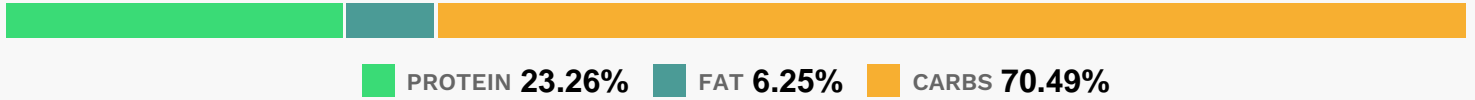
Equipment

Directions

- Spread bagel halves with cottage cheese.

Sprinkle with cinnamon sugar; top with bananas.

Nutrition Facts



Properties

Glycemic Index:39.37, Glycemic Load:9.68, Inflammation Score:-1, Nutrition Score:2.4091304213456%

Flavonoids

Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 88.99kcal (4.45%), Fat: 0.62g (0.95%), Saturated Fat: 0.21g (1.3%), Carbohydrates: 15.67g (5.22%), Net Carbohydrates: 14.79g (5.38%), Sugar: 2.86g (3.18%), Cholesterol: 0.9mg (0.3%), Sodium: 204.05mg (8.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.17g (10.34%), Manganese: 0.15mg (7.73%), Phosphorus: 53.74mg (5.37%), Vitamin B6: 0.08mg (4.06%), Fiber: 0.87g (3.49%), Vitamin B2: 0.06mg (3.48%), Selenium: 2.19µg (3.12%), Vitamin B1: 0.04mg (2.91%), Magnesium: 11.27mg (2.82%), Potassium: 94.35mg (2.7%), Copper: 0.05mg (2.61%), Folate: 10.33µg (2.58%), Vitamin B3: 0.5mg (2.49%), Vitamin B12: 0.14µg (2.37%), Iron: 0.36mg (1.98%), Zinc: 0.29mg (1.95%), Calcium: 18.32mg (1.83%), Vitamin B5: 0.17mg (1.75%), Vitamin C: 1.3mg (1.58%)