



Morning Bagel Sandwich

READY IN



10 min.

SERVINGS



10

CALORIES



39 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 wheat bagel split toasted
- 1 Tbsp knudsen milkfat cottage cheese 2% low fat
- 0.3 cup cholesterol-free egg product
- 0.1 tsp penzey's southwest seasoning dried italian
- 1 boca veggie breakfast link frozen quartered

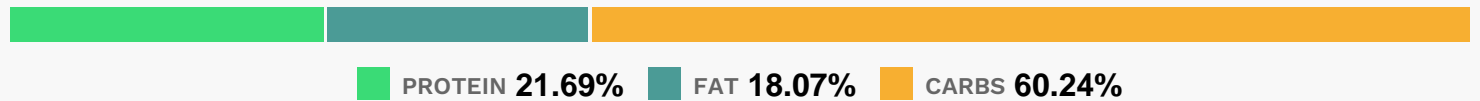
Equipment

- paper towels
- microwave

Directions

- Microwave link pieces in microwaveable cup sprayed with cooking spray on HIGH 10 sec.
- Stir in next 3 ingredients; cover with paper towel. Microwave 1 min. to 1 min. 15 sec. or until egg product is almost set, stirring after 35 sec.
- Let stand 1 min.
- Fill bagel halves with egg mixture.

Nutrition Facts



Properties

Glycemic Index:12.2, Glycemic Load:3.87, Inflammation Score:-1, Nutrition Score:1.1517391273671%

Nutrients (% of daily need)

Calories: 38.77kcal (1.94%), Fat: 0.76g (1.17%), Saturated Fat: 0.22g (1.4%), Carbohydrates: 5.72g (1.91%), Net Carbohydrates: 5.47g (1.99%), Sugar: 0.06g (0.07%), Cholesterol: 22.66mg (7.55%), Sodium: 70.84mg (3.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.06g (4.12%), Manganese: 0.06mg (2.99%), Selenium: 2µg (2.86%), Phosphorus: 24.21mg (2.42%), Vitamin B2: 0.04mg (2.11%), Iron: 0.26mg (1.45%), Folate: 5.43µg (1.36%), Vitamin B5: 0.13mg (1.35%), Vitamin B1: 0.02mg (1.33%), Zinc: 0.18mg (1.18%), Copper: 0.02mg (1.11%), Vitamin B12: 0.06µg (1.06%), Fiber: 0.26g (1.02%)