



Open-Faced Apple-Cheese Bagels

READY IN



45 min.

SERVINGS



2

CALORIES



442 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 ounce bagels plain split toasted (such as Lender's Big and Crusty)
- 1 teaspoon brown sugar
- 1.5 ounce canadian bacon lean coarsely chopped
- 1 medium apples i use 2 granny smith apples cut into 16 wedges
- 2 tablespoons green onions chopped
- 0.3 cup cream cheese light tub-style softened
- 1 ounce sharp cheddar cheese shredded reduced-fat

Equipment

frying pan

oven

Directions

Preheat oven to 42

Place a nonstick skillet coated with cooking spray over medium-high heat until hot.

Add apple and sugar; saut 3 minutes.

Remove from heat; set aside.

Spread 1 tablespoon cream cheese over each bagel half; top each with 4 apple wedges.

Sprinkle cheese and bacon evenly over apple.

Bake at 425 for 8 minutes.

Remove from oven; sprinkle with green onions.

Nutrition Facts



PROTEIN 17.44% **FAT 25.22%** **CARBS 57.34%**

Properties

Glycemic Index:81.5, Glycemic Load:34.8, Inflammation Score:-5, Nutrition Score:11.955652060716%

Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Quercetin: 4.29mg, Quercetin: 4.29mg, Quercetin: 4.29mg, Quercetin: 4.29mg

Nutrients (% of daily need)

Calories: 442.24kcal (22.11%), Fat: 12.42g (19.11%), Saturated Fat: 6.14g (38.36%), Carbohydrates: 63.52g (21.17%), Net Carbohydrates: 59.22g (21.54%), Sugar: 13.34g (14.82%), Cholesterol: 41.01mg (13.67%), Sodium: 849.2mg (36.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.33g (38.65%), Phosphorus: 256.14mg (25.61%),

Manganese: 0.51mg (25.58%), Vitamin B1: 0.33mg (22.21%), Calcium: 173.07mg (17.31%), Fiber: 4.3g (17.18%), Selenium: 10.59µg (15.12%), Vitamin B3: 2.98mg (14.91%), Vitamin K: 15.09µg (14.37%), Vitamin B2: 0.23mg (13.37%), Zinc: 1.8mg (11.97%), Potassium: 360.65mg (10.3%), Magnesium: 40.44mg (10.11%), Copper: 0.19mg (9.65%), Vitamin B6: 0.19mg (9.57%), Vitamin B12: 0.57µg (9.48%), Iron: 1.59mg (8.82%), Folate: 34.83µg (8.71%), Vitamin A: 416.59IU (8.33%), Vitamin B5: 0.79mg (7.94%), Vitamin C: 5.31mg (6.44%), Vitamin D: 0.77µg (5.14%), Vitamin E: 0.43mg (2.86%)