



Peanut Butter, Honey, and Raisin Bagel

 Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



295 kcal

CONDIMENT

DIP

SPREAD

Ingredients

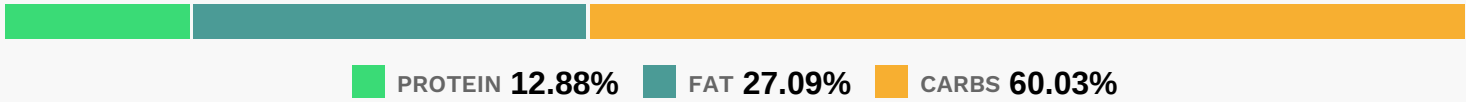
- ☐ 4 ounce bagels split toasted
- ☐ 2 tablespoons creamy peanut butter
- ☐ 2 teaspoons honey
- ☐ 1 tablespoon raisins

Equipment

Directions

- ☐
- Spread 1 tablespoon peanut butter over cut side of each bagel half.
- ☐
- Drizzle each half with 1 teaspoon honey, and top with 1 1/2 teaspoons raisins.

Nutrition Facts



Properties

Glycemic Index:98.54, Glycemic Load:27.42, Inflammation Score:-2, Nutrition Score:6.4665217161503%

Nutrients (% of daily need)

Calories: 294.92kcal (14.75%), Fat: 9.12g (14.04%), Saturated Fat: 1.75g (10.96%), Carbohydrates: 45.5g (15.17%), Net Carbohydrates: 42.9g (15.6%), Sugar: 7.43g (8.25%), Cholesterol: 0mg (0%), Sodium: 373.79mg (16.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.76g (19.53%), Manganese: 0.57mg (28.32%), Vitamin B3: 3.22mg (16.08%), Magnesium: 45.87mg (11.47%), Phosphorus: 114.58mg (11.46%), Fiber: 2.6g (10.38%), Vitamin E: 1.46mg (9.72%), Copper: 0.18mg (9.24%), Vitamin B1: 0.12mg (8.19%), Iron: 1.27mg (7.06%), Folate: 26.6µg (6.65%), Zinc: 0.93mg (6.23%), Potassium: 213.02mg (6.09%), Vitamin B6: 0.12mg (5.79%), Vitamin B2: 0.08mg (4.49%), Vitamin B5: 0.38mg (3.84%), Calcium: 20.57mg (2.06%), Selenium: 0.76µg (1.08%)