



## PHILLY Fruity Bagel

READY IN



5 min.

SERVINGS



5

CALORIES



80 kcal

SIDE DISH

### Ingredients

- 1 bagels whole wheat toasted halved (3 inch)
- 0.3 cup blueberries fresh
- 2 Tbsp philadelphia neufchatel cheese
- 0.3 cup peaches fresh sliced

### Equipment

### Directions

- Spread bagel halves with Neufchatel; top with fruit.

# Nutrition Facts

PROTEIN 14.33% FAT 19.41% CARBS 66.26%

## Properties

Glycemic Index:35.85, Glycemic Load:8.41, Inflammation Score:-1, Nutrition Score:1.7469565013181%

## Flavonoids

Cyanidin: 0.77mg, Cyanidin: 0.77mg, Cyanidin: 0.77mg, Cyanidin: 0.77mg Petunidin: 2.33mg, Petunidin: 2.33mg, Petunidin: 2.33mg, Petunidin: 2.33mg Delphinidin: 2.62mg, Delphinidin: 2.62mg, Delphinidin: 2.62mg, Delphinidin: 2.62mg Malvidin: 5mg, Malvidin: 5mg, Malvidin: 5mg, Malvidin: 5mg Peonidin: 1.5mg, Peonidin: 1.5mg, Peonidin: 1.5mg, Peonidin: 1.5mg Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

## Nutrients (% of daily need)

Calories: 80.16kcal (4.01%), Fat: 1.73g (2.66%), Saturated Fat: 0.81g (5.04%), Carbohydrates: 13.28g (4.43%), Net Carbohydrates: 12.5g (4.55%), Sugar: 1.57g (1.75%), Cholesterol: 4.37mg (1.46%), Sodium: 132.96mg (5.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.87g (5.74%), Manganese: 0.14mg (7.18%), Fiber: 0.78g (3.1%), Phosphorus: 30.9mg (3.09%), Vitamin B1: 0.04mg (2.67%), Vitamin B3: 0.47mg (2.37%), Copper: 0.05mg (2.3%), Magnesium: 7.74mg (1.94%), Iron: 0.34mg (1.89%), Zinc: 0.26mg (1.75%), Vitamin K: 1.76µg (1.68%), Folate: 6.35µg (1.59%), Vitamin A: 78.82IU (1.58%), Vitamin B2: 0.03mg (1.5%), Vitamin B5: 0.13mg (1.31%), Potassium: 45.29mg (1.29%), Vitamin C: 1.03mg (1.25%), Calcium: 11.45mg (1.14%)