



Spring Veggie Bagel Sandwich

READY IN



15 min.

SERVINGS



1

CALORIES



510 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup arugula
- 1 bagels sliced in half
- 0.3 teaspoon balsamic vinaigrette
- 0.3 cup cream cheese
- 1 serving salt and ground pepper black to taste
- 0.3 teaspoon juice of lime fresh
- 3 radishes thinly sliced
- 3 slices tomatoes

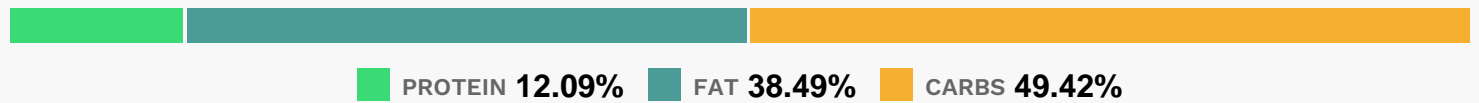
Equipment

bowl

Directions

- Mix the cream cheese, lime juice, balsamic vinaigrette, salt, and pepper in a bowl.
- Spread the mixture evenly over one of the bagel halves. Arrange the radish slices, arugula, and tomato on top of the cream cheese. Sandwich with the remaining bagel half.

Nutrition Facts



Properties

Glycemic Index:233, Glycemic Load:40.42, Inflammation Score:-8, Nutrition Score:12.064347702524%

Flavonoids

Pelargonidin: 7.58mg, Pelargonidin: 7.58mg, Pelargonidin: 7.58mg, Pelargonidin: 7.58mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 1.92mg, Kaempferol: 1.92mg, Kaempferol: 1.92mg, Kaempferol: 1.92mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg

Nutrients (% of daily need)

Calories: 510.27kcal (25.51%), Fat: 21.87g (33.65%), Saturated Fat: 11.77g (73.55%), Carbohydrates: 63.2g (21.07%), Net Carbohydrates: 59.51g (21.64%), Sugar: 4.65g (5.17%), Cholesterol: 57.32mg (19.11%), Sodium: 760.27mg (33.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.45g (30.91%), Manganese: 0.7mg (35.14%), Vitamin A: 1557.54IU (31.15%), Phosphorus: 186.3mg (18.63%), Vitamin C: 14mg (16.97%), Fiber: 3.69g (14.76%), Vitamin B1: 0.22mg (14.55%), Vitamin K: 13.37µg (12.73%), Vitamin B2: 0.21mg (12.34%), Vitamin B3: 2.43mg (12.14%), Folate: 48.35µg (12.09%), Magnesium: 48.29mg (12.07%), Potassium: 422.13mg (12.06%), Copper: 0.24mg (12.03%), Iron: 1.83mg (10.19%), Calcium: 93.79mg (9.38%), Zinc: 1.4mg (9.36%), Vitamin B5: 0.82mg (8.21%), Vitamin B6: 0.16mg (8.15%), Selenium: 4.97µg (7.11%), Vitamin E: 0.95mg (6.34%), Vitamin B12: 0.12µg (2.08%)