



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

Goat Cheese and Pear Bagel ^{••}

A delicious bagel recipe featuring goat cheese and pear. This recipe combines the creamy tanginess of goat cheese with the sweetness of fresh pears for a unique and flavorful breakfast or snack option.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 5 mins

Total Time: 20 mins

Recipe Yield: 200 grams

Number of Servings: 2

Serving Size: 100 g

Ingredients

100 g	Bagel
50 g	goat cheese
50 g	Pear

Directions

Step 1

Cut

Slice the bagel in half.

Prep Time: 2 mins

Cook Time: 0 mins

Step 2

Spreading

Spread goat cheese on each half of the bagel.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Cut

Slice the pear into thin slices.

Prep Time: 3 mins

Cook Time: 0 mins

Step 4

Plating

Place the pear slices on top of the goat cheese.

Prep Time: 2 mins

Cook Time: 0 mins

Step 5

Enjoy your delicious Goat Cheese and Pear Bagel!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 12 g

Protein: 8 g

Carbohydrates: 30 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	8 g	47.06%	47.06%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	3 g	7.89%	12%
Sugars	10 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	4 g	N/A	N/A
Saturated Fat	5 g	22.73%	29.41%
Fat	12 g	42.86%	48%
Cholesterol	15 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	2 iu	0.22%	0.29%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	6 mg	6.67%	8%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	200 mg	8.7%	8.7%
Calcium	10 mg	1%	1%
Iron	6 mg	75%	33.33%
Potassium	200 mg	5.88%	7.69%
Zinc	1 mg	9.09%	12.5%
Selenium	5 mcg	9.09%	9.09%

Recipe Attributes

Seasonality

Spring

Summer

Events

Picnic

Course

Salads

Snacks

Cultural

Chinese New Year

Demographics

Senior Friendly

Diet

Mediterranean Diet

Vegetarian Diet

Vegan Diet

Lacto-Ovo Vegetarian Diet

The Fast Metabolism Diet

Nutrient Timing Diet

The 80/10/10 Diet

The Gerson Therapy

The Swiss Secret Diet

The Scarsdale Diet

The Hallelujah Diet

The F-Plan Diet

The Endometriosis Diet

Meal Type

Breakfast

Lunch

Snack

Difficulty Level

Easy

Visit our website: healthdor.com