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Dunkin donuts mini bagels calories

There are 240 calories in Plain Stuffed Bagel Minis from Dunkin Donuts. Most of those calories come from fat (37%) and carbohydrates (52%). ContainsMay ContainDoes Not Contain*UnknownAllergy Information: Dunkin Donuts Plain Stuffed Bagel Minis contain gluten, milk and wheat and may contain egg, soy and tree nuts. Dunkin Donuts Plain Stuffed Bagel Minis does not contain fish, peanuts or shellfish.** Please keep in mind that most fast food restaurants cannot guarantee that any product is free of allergens as they use shared equipment for prepping foods. Dough: Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Sugar, Extract of Malted Barley and Corn, Salt, Instant Dry Yeast (Dried Yeast, Sorbitan Monostearate, Ascorbic Acid), Dough Conditioner Blend (Malted Barley Flour, Wheat Flour, Dextrose), Molasses; Filling: Cream Cheese (Pasteurized Milk and Cream, Cheese Culture, Salt, Guar Gum, Carob Bean Gum, Xanthan Gum). Have you ever asked yourself, "How much weight can I lose in a month?" or "How many meals a day should you eat?" Since 2005, a community of over 200 million members have used MyFitnessPal to answer those questions and more. With exercise demos, workout routines and more than 500 recipes available on the app, MyFitnessPal gives members a wellness roadmap for anything from the best fat burning workouts to healthy foods to eat. So whether your goal is walking for weight loss, tracking the foods you eat, or something else entirely, MyFitnessPal has the tools you need to start your fitness and health journey today. Air Fryer Copycat Dunkin Donuts Stuffed Bagel Minis are 2 ingredient bagels that are then filled with cream cheese for the perfect breakfast snack. Anyone else obsessed with Dunkin Donuts Stuffed Bagel Minis?! I know my whole family is! In fact, when they first came out I found our family going at least 3 times a week! Thank goodness these Air Fryer Copycat Dunkin Donuts Stuffed Bagel Minis are so easy to make! They are essentially 2 ingredient bagels that are then stuffed and then air fried. These are so simple to make too and taste delicious! Pair these with a whipped hot chocolate or a pumpkin spice latte for an irresistible breakfast treat! Of course, if you would rather have a Weight Watcher Friendly Air Fryer Bagel try these! They are delicious! How to make Air Fryer Copycat Dunkin Donuts Stuffed Bagel Minis Mix together the yogurt and flour until it becomes a ball of dough. Lightly dust your work surface. Place the dough on it and continue to knead it a few times until the dough is no longer sticking to your hands. Divide the dough into 8 balls. Place 1 ball in your hand and create a hole in the center. Place a piece of cream cheese into the hole, and cover the cream cheese over with dough. Try to keep the cheese in the center and the dough evenly surrounding it. Shape into a nice round ball. Baste each completely with egg wash. Sprinkle with everything bagel seasoning, if using. Preheat your air fryer to 350 degrees. Air fry for 10 minutes (no turning is needed). Check at the 8-minute mark, mine only took 8 ½ minutes to cook. Tips Tricks and FAQs Get creative with your stuffed bagel minis! You can add other ingredients to the center if you choose. Try adding some raisins and sprinkle them with cinnamon and sugar on top. Add sesame seeds to the top if you choose. Your bagel minis will rise and expand in the cooking process. Be sure to leave enough room in your Air Fryer so they can expand and still not touch. You need to use Greek yogurt. Regular yogurt will not work. If there is liquid sitting on top the yogurt you will want to drain it off prior to measuring out your yogurt. Be sure your dough is not sticky. If it is sticky add a little flour at a time until it is no longer sticky while kneading. You want to make sure your bagel minis are sealed completely. If they are not cream cheese will leak out all over the Air Fryer. To help seal them you can use a touch of water and secure the seam. Storage These will store nicely in the fridge for up to 3 days. Just be sure to wrap them in plastic to keep them fresh. Can you omit the egg wash? Yes, you can. The egg makes them shiny, but if you choose you can omit it. Brush them with water, olive oil, or butter to get your toppings to stick. Can you double this recipe? Yes, you can easily double this recipe or triple it! This is the perfect dish to feed a crowd. If you love this recipe, you will those these too: Air Fryer Copycat Dunkin Donuts Stuffed Bagel Minis are 2 ingredient bagels that are then filled with cream cheese for the perfect breakfast snack. Mix together the yogurt and flour until it becomes a ball of dough. Lightly dust your work surface. Place the dough on it and continue to knead it a few times until the dough is no longer sticking to your hands. Divide the dough into 8 balls. Place 1 ball in your hand and create a hole in the center. Place a piece of cream cheese into the hole, and cover the cream cheese over with dough. Try to keep the cheese in the center and the dough evenly surrounding it. Shape into a nice round ball. Baste each completely with egg wash. Sprinkle with everything bagel seasoning, if using.Preheat your air fryer to 350 degrees. Air fry for 10 minutes (no turning is needed).**Check at the 8-minute mark, mine only took 8 ½ minutes to cook. *To make your own self rising flour...Just add 2 teaspoons of baking powder for each 1 cup plain flour. Sift the flour and baking powder together into a bowl before using, to make sure the baking powder is thoroughly distributed. 8.1 Amount Per Serving: Calories: 122Total Fat: 2gSaturated Fat: 1gTrans Fat: 0gUnsaturated Fat: 1gCholesterol: 27mgSodium: 314mgCarbohydrates: 20gFiber: 1gSugar: 2gProtein: 7g Facebook Yummly Reddit Twitter Please note that some foods may not be suitable for some people and you are urged to seek the advice of a physician before beginning any weight loss effort or diet regimen. Although the information provided on this site is presented in good faith and believed to be correct, FatSecret makes no representations or warranties as to its completeness or accuracy and all information, including nutritional values, is used by you at your own risk. All trademarks, copyright and other forms of intellectual property are property of their respective owners. What are Dunkin' Stuffed Bagel Minis? Dunkin' is finally taking a cue from Starbucks by adding mini bagel rounds filled with cream cheese to its menu. How are they? Before I get into that, I have to whine. Ya know those donut holes Dunkin' is famous for? The snackable miniature versions of its famous donuts? What are they called again? The only reason I ask is because Dunkin' completely dropped the bagel ball by not calling these "Bagel Munchkins," right? Why aren't these called "Bagel Munchkins"? Honestly, if that name is being phased out because it's mildly offensive, I'm ok with it, but why aren't these called "Bagel Munchkins"? They had that one on a tee - Dunkin' Bagel Munchkins. I should probably stop saying the word just in case. Besides, it reminds me of the Secretary of the Treasury, and that dude owes me \$1200. Ok, so stuffed bagel minis - are they good? Yeah, sure, they're pretty good. The Everything seasoning-topped bagel shell had the exact texture I dig. I like a fat, chewy, room temperature bagel. These are a good bite, but I didn't love the cream cheese filling. There's too much of it, and it was burning hot, even after driving home a few minutes. I expected that but realized I definitely prefer cold, more solidified cream cheese. Still, these are fun. The "M-word" version of a Dunkin' bagel is much better than its regular bagels, which are trashier. Anything else you need to know? These come in packs of two, which is a perfect serving size. You can also get a Plain bagel version. I was going to try those as well. But honestly, I think I can make my assumption on those from eating the undoubtedly superior Everything topped one. Conclusion: I would get these again 100 times out 100 over a regular bagel, but I would wait a couple of minutes to let the cream cheese lava cool down. I hope Dunkin' eventually uses Bantam Bagels as inspiration to try some flavored cream cheeses and more varieties of bagels. Purchased Price: \$2.49 Size: 2-pack Rating: 7 out of 10 Nutrition Facts: (2 Minis) 260 calories, 12 grams of fat, 0 gram of trans fat, 7 grams of saturated fat, 30 mg of cholesterol, 400 milligrams of sodium, 34 grams of total carbohydrates, 5 grams of total sugars, 3 grams of fiber, and 8 grams of protein. Please note that some foods may not be suitable for some people and you are urged to seek the advice of a physician before beginning any weight loss effort or diet regimen. Although the information provided on this site is presented in good faith and believed to be correct, FatSecret makes no representations or warranties as to its completeness or accuracy and all information, including nutritional values, is used by you at your own risk. All trademarks, copyright and other forms of intellectual property are property of their respective owners.

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