

Bagel Nachos

 Vegetarian

READY IN



5 min.

SERVINGS



2

CALORIES



260 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 oz roasted-garlic bagel chips (from 6-oz. pkg.)
- 2 tablespoons salsa thick
- 0.5 cup cheddar cheese shredded
- 2 tablespoons cream sour

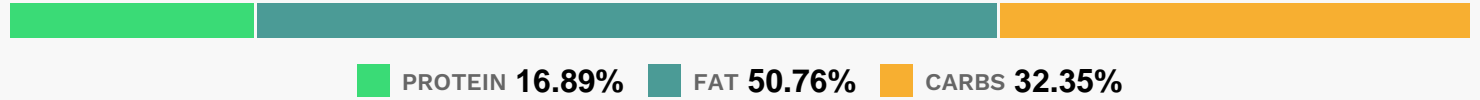
Equipment

- microwave

Directions

- Place bagel chips in single layer on microwave-safe plate. (Broken pieces work fine.)
- Sprinkle evenly with cheese.
- Microwave on HIGH for 30 to 45 seconds or until cheese is melted and bubbly. Top nachos with salsa and sour cream.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:4.2773912730424%

Nutrients (% of daily need)

Calories: 260.26kcal (13.01%), Fat: 14.89g (22.91%), Saturated Fat: 6.48g (40.5%), Carbohydrates: 21.36g (7.12%), Net Carbohydrates: 20.06g (7.29%), Sugar: 3.39g (3.76%), Cholesterol: 33.68mg (11.23%), Sodium: 592.51mg (25.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.15g (22.3%), Calcium: 201.12mg (20.11%), Phosphorus: 136.88mg (13.69%), Iron: 1.33mg (7.41%), Selenium: 4.79µg (6.84%), Vitamin A: 336.08IU (6.72%), Vitamin B2: 0.11mg (6.72%), Vitamin B12: 0.37µg (6.16%), Zinc: 0.91mg (6.1%), Fiber: 1.3g (5.2%), Magnesium: 10.6mg (2.65%), Vitamin B6: 0.05mg (2.51%), Potassium: 80.08mg (2.29%), Vitamin E: 0.31mg (2.07%), Vitamin K: 1.55µg (1.48%), Vitamin B5: 0.14mg (1.42%), Manganese: 0.03mg (1.28%), Folate: 5µg (1.25%), Vitamin B3: 0.22mg (1.11%)