



Broiled Tomato and Pesto Bagels

READY IN



45 min.

SERVINGS



2

CALORIES



352 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- ☐ 2 bagels split toasted
- ☐ 3 tablespoons basil leaves fresh
- ☐ 1 tablespoon parsley leaves fresh
- ☐ 0.1 teaspoon garlic powder
- ☐ 1 teaspoon juice of lemon
- ☐ 1 teaspoon olive oil
- ☐ 1 ounce part-skim mozzarella cheese shredded
- ☐ 1 teaspoon pinenuts
- ☐ 0.5 teaspoon red wine vinegar

- ☐ 1 Dash salt
- ☐ 2 inch tomatoes ripe
- ☐ 1.5 teaspoons water

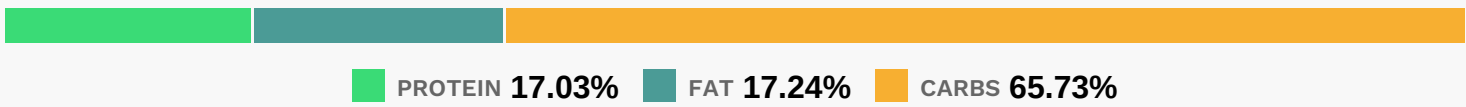
Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife

Directions

- ☐ Position knife blade in miniature food processor bowl; add first 9 ingredients. Process until smooth, scraping sides of processor bowl occasionally.
- ☐ Spread basil mixture evenly on 4 bagel halves. Top each bagel half with a tomato slice, and sprinkle evenly with cheese.
- ☐ Place bagel halves on a baking sheet. Broil 5 1/2 inches from heat (with electric oven door partially opened) 1 minute or until cheese melts.

Nutrition Facts



Properties

Glycemic Index:108.5, Glycemic Load:38.71, Inflammation Score:-5, Nutrition Score:10.100869584343%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 352.44kcal (17.62%), Fat: 6.67g (10.26%), Saturated Fat: 2g (12.47%), Carbohydrates: 57.21g (19.07%), Net Carbohydrates: 54.59g (19.85%), Sugar: 0.36g (0.4%), Cholesterol: 9.07mg (3.02%), Sodium: 669.67mg (29.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.82g (29.63%), Vitamin K: 47.42µg (45.16%), Manganese: 0.7mg (34.99%), Phosphorus: 176.71mg (17.67%), Calcium: 138.75mg (13.87%), Vitamin B1: 0.18mg (12.16%), Fiber: 2.62g (10.48%), Copper: 0.21mg (10.3%), Magnesium: 39.8mg (9.95%), Vitamin B3: 1.98mg (9.88%), Iron: 1.77mg (9.83%), Zinc: 1.44mg (9.58%), Vitamin A: 416.51IU (8.33%), Folate: 30.76µg (7.69%), Vitamin B2: 0.11mg (6.19%), Vitamin C: 4.53mg (5.49%), Potassium: 155.2mg (4.43%), Vitamin B5: 0.42mg (4.17%), Vitamin B6: 0.08mg (3.86%), Vitamin E: 0.46mg (3.06%), Selenium: 2.11µg (3.01%), Vitamin B12: 0.12µg (1.94%)