



Cheesy Chicken Bagel Pizzas

READY IN



45 min.

SERVINGS



4

CALORIES



203 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 9 inch bagels plain sliced in half
- ☐ 1 cup rotisserie chicken cut shredded
- ☐ 0.5 cup tomatoes
- ☐ 1 cup part-skim mozzarella cheese

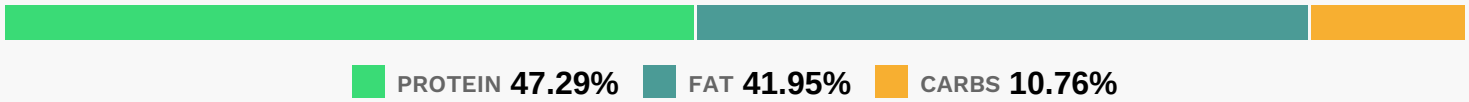
Equipment

- ☐ baking sheet
- ☐ broiler

Directions

- ☐ Preheat broiler.
- ☐ Place bagel halves, cut sides up, on a baking sheet. Broil 2 minutes or until lightly toasted.
- ☐ Spread 2 tablespoons marinara on cut side of each bagel half. Top each half with 1/4 cup chicken, and sprinkle with 1/4 cup cheese. Broil bagel halves an additional 2 minutes or until cheese melts.

Nutrition Facts



Properties

Glycemic Index:29.25, Glycemic Load:2.63, Inflammation Score:-2, Nutrition Score:4.2773913326471%

Nutrients (% of daily need)

Calories: 203.02kcal (10.15%), Fat: 9.47g (14.57%), Saturated Fat: 4.14g (25.88%), Carbohydrates: 5.46g (1.82%), Net Carbohydrates: 4.87g (1.77%), Sugar: 1.42g (1.57%), Cholesterol: 74.7mg (24.9%), Sodium: 554.24mg (24.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.03g (48.05%), Calcium: 224.28mg (22.43%), Phosphorus: 143.4mg (14.34%), Vitamin B2: 0.11mg (6.34%), Selenium: 4.22µg (6.02%), Zinc: 0.89mg (5.94%), Vitamin A: 267.29IU (5.35%), Vitamin B12: 0.23µg (3.83%), Potassium: 120.25mg (3.44%), Manganese: 0.07mg (3.32%), Vitamin E: 0.48mg (3.2%), Magnesium: 12.69mg (3.17%), Vitamin B6: 0.05mg (2.63%), Vitamin C: 2.14mg (2.6%), Copper: 0.05mg (2.58%), Iron: 0.43mg (2.41%), Fiber: 0.59g (2.36%), Vitamin B3: 0.43mg (2.17%), Folate: 6.53µg (1.63%), Vitamin B1: 0.02mg (1.45%), Vitamin B5: 0.14mg (1.37%), Vitamin K: 1.31µg (1.24%)