



## Cinnamon Bagel Chips

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



55 kcal

SIDE DISH

### Ingredients

- ☐ 4 ounce unsplit bagels plain frozen thawed
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1 tablespoon butter reduced-calorie
- ☐ 1 teaspoon sugar

### Equipment

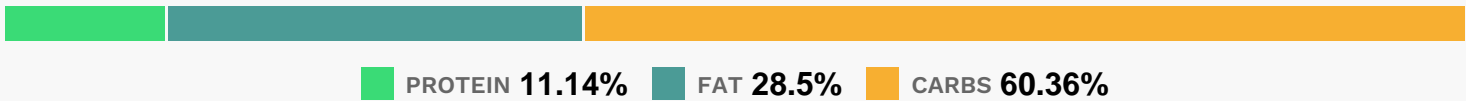
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet

- ☐ oven
- ☐ wire rack
- ☐ microwave
- ☐ toaster
- ☐ serrated knife

## Directions

- ☐ Preheat toaster oven to 350
- ☐ Cut each bagel horizontally into 4 slices, using a serrated knife.
- ☐ Place margarine in a small microwave-safe bowl; microwave at high 15 seconds or until margarine melts. Lightly coat bagel slices with cooking spray, and brush with margarine.
- ☐ Arrange bagel slices in a single layer on toaster oven pan.
- ☐ Combine sugar and cinnamon; stir well, and sprinkle over bagel slices.
- ☐ Bake at 350 for 12 minutes or until crisp.
- ☐ Remove from pan, and let cool completely on a wire rack. Store bagel chips in an air-tight container.
- ☐ Note: Substitute cinnamon-raisin bagels for plain bagels, if desired. To bake bagel chips in a conventional oven, place bagel slices on a baking sheet.
- ☐ Bake at 350 for 15 minutes or until crisp.

## Nutrition Facts



## Properties

Glycemic Index:18.39, Glycemic Load:5.57, Inflammation Score:-1, Nutrition Score:0.86173912858509%

## Nutrients (% of daily need)

Calories: 54.5kcal (2.73%), Fat: 1.72g (2.64%), Saturated Fat: 0.34g (2.13%), Carbohydrates: 8.18g (2.73%), Net Carbohydrates: 7.79g (2.83%), Sugar: 0.5g (0.56%), Cholesterol: 0mg (0%), Sodium: 93.14mg (4.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.51g (3.02%), Manganese: 0.1mg (4.92%), Fiber: 0.39g (1.57%), Vitamin B1: 0.02mg (1.55%), Phosphorus: 14.11mg (1.41%), Vitamin A: 66.48IU (1.33%), Vitamin B3: 0.25mg (1.26%), Copper: 0.02mg (1.18%), Iron: 0.2mg (1.13%), Magnesium: 4.24mg (1.06%)