



Crazy Critter Bagel Sandwiches

READY IN



15 min.

SERVINGS



8

CALORIES



436 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup tomato sauce
- ☐ 8 bagels split
- ☐ 8 oz cheddar cheese shredded
- ☐ 1 serving pepperoni sliced
- ☐ 1 serving canadian bacon canadian-style
- ☐ 1 serving mushrooms sliced
- ☐ 1 serving olives ripe sliced
- ☐ 1 serving zucchini chopped
- ☐ 1 serving bell pepper chopped

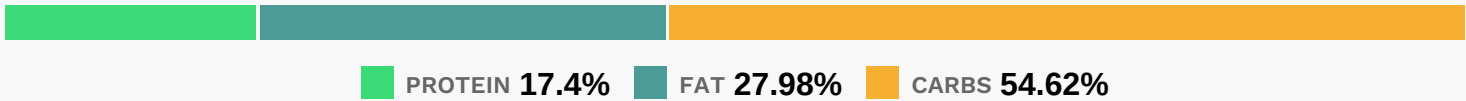
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 425°F.
- ☐ Spread 1 tablespoon pizza sauce over each bagel half.
- ☐ Sprinkle each with 1 tablespoon of the cheese.
- ☐ Arrange toppings on sandwiches to look like desired critters.
- ☐ Sprinkle with remaining cheese.
- ☐ Place on ungreased cookie sheet.
- ☐ Bake 5 to 10 minutes or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:31.38, Glycemic Load:39.47, Inflammation Score:-6, Nutrition Score:11.642608601114%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 435.7kcal (21.78%), Fat: 13.45g (20.69%), Saturated Fat: 6.37g (39.78%), Carbohydrates: 59.1g (19.7%), Net Carbohydrates: 55.94g (20.34%), Sugar: 1.59g (1.77%), Cholesterol: 31.81mg (10.6%), Sodium: 987.09mg (42.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.82g (37.64%), Manganese: 0.63mg (31.71%), Phosphorus: 247.42mg (24.74%), Calcium: 226.27mg (22.63%), Vitamin C: 14.09mg (17.08%), Vitamin A: 718.32IU (14.37%), Zinc: 2.14mg (14.3%), Vitamin B1: 0.2mg (13.52%), Selenium: 9.3µg (13.28%), Vitamin B2: 0.22mg (12.79%), Fiber: 3.15g (12.62%), Vitamin B3: 2.45mg (12.24%), Copper: 0.22mg (11.2%), Magnesium: 44.78mg (11.19%), Iron: 1.87mg (10.38%), Folate: 36.4µg (9.1%), Vitamin B6: 0.14mg (7.22%), Potassium: 250.28mg (7.15%), Vitamin B5: 0.67mg (6.67%), Vitamin E: 0.93mg (6.22%), Vitamin B12: 0.35µg (5.78%), Vitamin K: 2.24µg (2.13%), Vitamin D: 0.22µg (1.46%)