



Easy Mini Bagel Pizzas

READY IN



20 min.

SERVINGS



4

CALORIES



282 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 bagels split mini
- ☐ 0.3 cup pizza cheese blend shredded
- ☐ 0.3 cup pizza sauce
- ☐ 16 slices turkey pepperoni hormel® (such as)

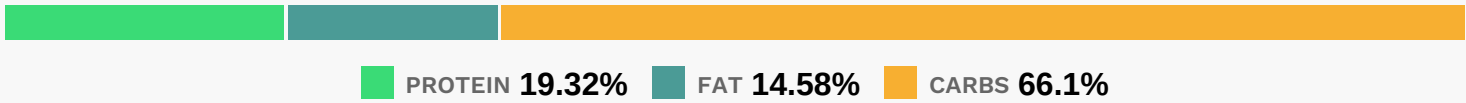
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 425 degrees F (220 degrees C). Line a baking sheet with aluminum foil.
- ☐ Arrange bagels on prepared baking sheet, cut sides up. Spoon a thin layer of pizza sauce over each bagel half and sprinkle with pizza cheese.
- ☐ Place 2 pepperoni slices on each bagel.
- ☐ Bake in the preheated oven until cheese is melted and pepperoni is lightly browned, about 6 minutes.

Nutrition Facts



Properties

Glycemic Index:29.25, Glycemic Load:31.17, Inflammation Score:-2, Nutrition Score:5.0895652317482%

Nutrients (% of daily need)

Calories: 281.74kcal (14.09%), Fat: 4.53g (6.98%), Saturated Fat: 0.82g (5.16%), Carbohydrates: 46.26g (15.42%), Net Carbohydrates: 44.1g (16.04%), Sugar: 0.55g (0.61%), Cholesterol: 10.53mg (3.51%), Sodium: 669.68mg (29.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.52g (27.04%), Manganese: 0.47mg (23.5%), Vitamin B1: 0.14mg (9.37%), Fiber: 2.16g (8.65%), Phosphorus: 84.77mg (8.48%), Copper: 0.17mg (8.43%), Iron: 1.48mg (8.22%), Vitamin B3: 1.63mg (8.14%), Magnesium: 29.54mg (7.39%), Zinc: 1.08mg (7.17%), Folate: 20.14µg (5.03%), Potassium: 161.93mg (4.63%), Calcium: 37.76mg (3.78%), Vitamin B5: 0.35mg (3.52%), Vitamin B2: 0.05mg (3.15%), Vitamin B6: 0.06mg (2.89%), Vitamin E: 0.22mg (1.47%), Vitamin A: 69.75IU (1.4%), Vitamin C: 1.07mg (1.3%)