



Kids-Only Pepperoni Pizza Bagels

READY IN



15 min.

SERVINGS



15

CALORIES



106 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 bagels plain split
- 0.5 cup low-moisture part-skim mozzarella cheese shredded kraft
- 24 slices oscar mayer pepperoni
- 0.5 cup classico tomato and basil pasta sauce

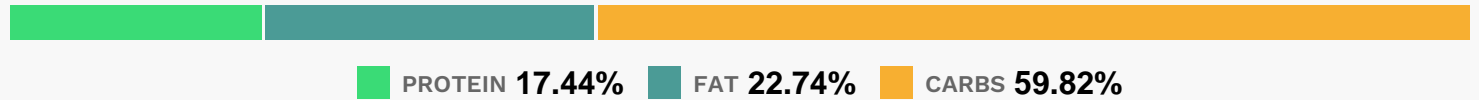
Equipment

- baking sheet
- oven

Directions

- Heat oven to 350F.
- Place bagels, cut-sides up, on baking sheet sprayed with cooking spray.
- Top with remaining ingredients.
- Bake 10 min. or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:6.67, Glycemic Load:10.31, Inflammation Score:-1, Nutrition Score:2.2013043242952%

Nutrients (% of daily need)

Calories: 105.61kcal (5.28%), Fat: 2.62g (4.04%), Saturated Fat: 1.02g (6.39%), Carbohydrates: 15.53g (5.18%), Net Carbohydrates: 14.75g (5.36%), Sugar: 0.34g (0.38%), Cholesterol: 5.49mg (1.83%), Sodium: 238.86mg (10.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.53g (9.05%), Manganese: 0.17mg (8.53%), Phosphorus: 49.22mg (4.92%), Vitamin B1: 0.05mg (3.67%), Calcium: 36.18mg (3.62%), Vitamin B3: 0.66mg (3.28%), Fiber: 0.78g (3.11%), Zinc: 0.43mg (2.85%), Iron: 0.46mg (2.53%), Copper: 0.05mg (2.47%), Magnesium: 9.55mg (2.39%), Selenium: 1.47µg (2.09%), Vitamin B2: 0.03mg (2.01%), Folate: 6.66µg (1.66%), Potassium: 53.52mg (1.53%), Vitamin B5: 0.14mg (1.42%), Vitamin B6: 0.03mg (1.42%), Vitamin B12: 0.07µg (1.2%)