



## Kids-Only Pepperoni Pizza Bagels

READY IN



20 min.

SERVINGS



4

CALORIES



405 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4 bagels plain halved
- 0.5 cup di giorno marinara sauce
- 0.5 pkg oscar mayer pepperoni
- 0.5 cup polly-o milk mozzarella cheese shredded whole

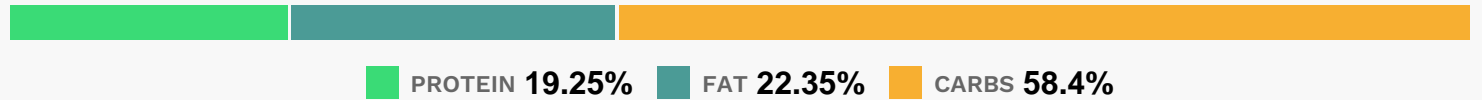
### Equipment

- baking sheet
- oven

## Directions

- Top each bagel half with 3 slices pepperoni.
- Sprinkle each with 1 tablespoon cheese. Top each with 1 tablespoon sauce.
- Place bagels on a cookie sheet that has been sprayed with no stick cooking spray.
- Bake at 350 degrees F for 10 minutes or until the cheese is melted and bagel is golden brown.

## Nutrition Facts



## Properties

Glycemic Index:36.25, Glycemic Load:39.21, Inflammation Score:-3, Nutrition Score:10.189999932828%

## Nutrients (% of daily need)

Calories: 404.85kcal (20.24%), Fat: 9.93g (15.28%), Saturated Fat: 3.36g (21.02%), Carbohydrates: 58.4g (19.47%), Net Carbohydrates: 55.27g (20.1%), Sugar: 1.3g (1.44%), Cholesterol: 19.64mg (6.55%), Sodium: 1089.29mg (47.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.25g (38.51%), Manganese: 0.7mg (35.23%), Phosphorus: 229.58mg (22.96%), Calcium: 162.28mg (16.23%), Vitamin B1: 0.23mg (15.27%), Vitamin B3: 3.05mg (15.23%), Zinc: 1.98mg (13.17%), Fiber: 3.13g (12.51%), Selenium: 7.96µg (11.38%), Copper: 0.23mg (11.36%), Iron: 2mg (11.11%), Magnesium: 42.88mg (10.72%), Vitamin B2: 0.16mg (9.54%), Vitamin B6: 0.16mg (7.93%), Potassium: 260.27mg (7.44%), Folate: 28.15µg (7.04%), Vitamin B5: 0.68mg (6.84%), Vitamin B12: 0.36µg (5.98%), Vitamin E: 0.64mg (4.28%), Vitamin A: 200.55IU (4.01%), Vitamin C: 2.14mg (2.6%), Vitamin K: 2.11µg (2.01%), Vitamin D: 0.23µg (1.53%)