



Mini Garlic Pizzas

READY IN



15 min.

SERVINGS



10

CALORIES



196 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 5 bagels split miniature toasted
- ☐ 0.5 cup nonfat cream cheese softened
- ☐ 2 teaspoons basil fresh minced
- ☐ 0.3 cup parmesan cheese divided grated
- ☐ 1 large plum tomatoes cut into 10 slices
- ☐ 1 teaspoon commercial roasted garlic minced

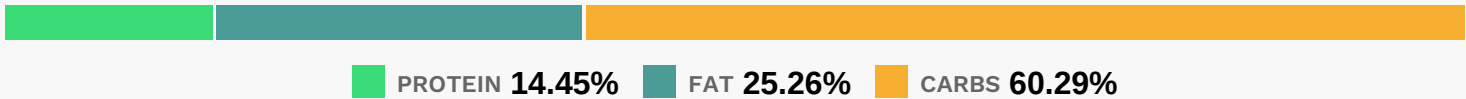
Equipment

- ☐ bowl

Directions

- ☐ Combine first 3 ingredients in a small bowl.
- ☐ Add 3 tablespoons Parmesan cheese, and stir well.
- ☐ Spread 1 tablespoon cheese mixture over cut side of each bagel half; top each with a tomato slice.
- ☐ Sprinkle evenly with remaining 1 tablespoon Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:23.7, Glycemic Load:19.58, Inflammation Score:-2, Nutrition Score:3.7813043263943%

Flavonoids

Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 196.19kcal (9.81%), Fat: 5.46g (8.4%), Saturated Fat: 2.8g (17.49%), Carbohydrates: 29.31g (9.77%), Net Carbohydrates: 28.02g (10.19%), Sugar: 0.59g (0.66%), Cholesterol: 13.64mg (4.55%), Sodium: 360.1mg (15.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.02g (14.05%), Manganese: 0.3mg (14.96%), Phosphorus: 80.35mg (8.04%), Vitamin B1: 0.09mg (6.12%), Fiber: 1.29g (5.15%), Vitamin B3: 0.97mg (4.87%), Copper: 0.09mg (4.66%), Vitamin A: 226.78IU (4.54%), Magnesium: 17.89mg (4.47%), Calcium: 43.76mg (4.38%), Zinc: 0.64mg (4.27%), Iron: 0.76mg (4.22%), Vitamin B2: 0.06mg (3.74%), Folate: 13.67µg (3.42%), Vitamin B5: 0.27mg (2.71%), Selenium: 1.89µg (2.71%), Potassium: 88.56mg (2.53%), Vitamin B6: 0.04mg (2.19%), Vitamin C: 0.95mg (1.15%)