



Mini Pizza Bagels

READY IN



13 min.

SERVINGS



13

CALORIES



74 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 bagels split mini toasted
- 0.3 cup classico pizza sauce traditional
- 0.8 cup milk mozzarella cheese shredded 2% kraft

Equipment

- broiler

Directions

- Heat broiler.

- Spread cut sides of bagels with sauce; top with cheese.
- Broil, 6 inches from heat, 2 to 3 min. or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:11.08, Glycemic Load:7.25, Inflammation Score:-1, Nutrition Score:1.772173917164%

Nutrients (% of daily need)

Calories: 73.82kcal (3.69%), Fat: 1.77g (2.72%), Saturated Fat: 0.89g (5.59%), Carbohydrates: 10.74g (3.58%), Net Carbohydrates: 10.23g (3.72%), Sugar: 0.23g (0.26%), Cholesterol: 5.1mg (1.7%), Sodium: 166.36mg (7.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.52g (7.05%), Manganese: 0.11mg (5.58%), Phosphorus: 42.76mg (4.28%), Calcium: 36.78mg (3.68%), Zinc: 0.37mg (2.46%), Vitamin B12: 0.15µg (2.46%), Vitamin B1: 0.03mg (2.31%), Fiber: 0.52g (2.07%), Vitamin B3: 0.39mg (1.97%), Magnesium: 7.62mg (1.91%), Copper: 0.04mg (1.89%), Iron: 0.34mg (1.87%), Vitamin B2: 0.03mg (1.85%), Selenium: 1.13µg (1.61%), Folate: 5.14µg (1.29%), Vitamin A: 64.08IU (1.28%), Potassium: 38.48mg (1.1%)