



Pesto and Sun-Dried Tomato Bagel Melts

READY IN



20 min.

SERVINGS



8

CALORIES



314 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 bagels plain
- 0.3 cup basil pesto reduced-fat
- 7 ounces sun-dried olives rinsed drained chopped
- 3 tablespoons pinenuts
- 3 ounces mozzarella cheese shredded reduced-fat
- 0.3 cup parmesan cheese freshly grated

Equipment

- frying pan

oven

Directions

- Heat oven to 375°.
- Place bagels, cut sides up, in ungreased jelly roll pan, 15 1/2x10 1/2x1 inch.
- Spread 2 teaspoons pesto over each bagel half.
- Sprinkle with tomatoes, nuts and cheeses.
- Bake 6 to 8 minutes or until cheese is melted.

Nutrition Facts



PROTEIN 16.68% **FAT 29.22%** **CARBS 54.1%**

Properties

Glycemic Index:12.75, Glycemic Load:22.55, Inflammation Score:-6, Nutrition Score:13.964782458285%

Nutrients (% of daily need)

Calories: 313.76kcal (15.69%), Fat: 10.53g (16.2%), Saturated Fat: 2.63g (16.41%), Carbohydrates: 43.88g (14.63%), Net Carbohydrates: 39.31g (14.3%), Sugar: 9.91g (11.02%), Cholesterol: 10.35mg (3.45%), Sodium: 524.08mg (22.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.52g (27.05%), Manganese: 1.08mg (53.76%), Potassium: 940.93mg (26.88%), Copper: 0.49mg (24.56%), Phosphorus: 229.31mg (22.93%), Magnesium: 76.3mg (19.07%), Fiber: 4.56g (18.25%), Iron: 3.27mg (18.19%), Vitamin B3: 3.35mg (16.73%), Calcium: 164.73mg (16.47%), Vitamin B1: 0.23mg (15.53%), Vitamin K: 12.91µg (12.3%), Vitamin C: 9.75mg (11.82%), Vitamin B2: 0.2mg (11.77%), Zinc: 1.63mg (10.84%), Vitamin A: 504.38IU (10.09%), Folate: 30.84µg (7.71%), Vitamin B5: 0.74mg (7.39%), Vitamin B6: 0.12mg (6.13%), Selenium: 4.02µg (5.74%), Vitamin E: 0.38mg (2.55%), Vitamin B12: 0.13µg (2.16%)