

STARTER & SNACK

Roasted Red Pepper on Mini-Bagel Sandwiches

5 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	24	\$0.25	64 kcal

The recipe Roasted Red Pepper on Mini-Bagel Sandwiches can be made in about 45 minutes. One serving contains 64 calories, 3g of protein, and 0g of fat. For 25 cents per serving, you get a hor d'oeuvre that serves 24. 1 person has tried and liked this recipe.

Ingredients

- ☐ 12 mini bagels, halved and toasted
- ☐ 2 ounces 1/4 cup fat-free cream cheese, softened
- ☐ 1/4 cup minced green onions
- ☐ 1/4 teaspoon salt
- ☐ 0.1 teaspoon black pepper
- ☐ 2 garlic cloves, minced
- ☐ 12 ounce roasted red bell peppers, rinsed, drained, and chopped

Method

- 1 Combine first 6 ingredients.
- 2 Spread cream cheese mixture evenly over cut sides of bagels. Arrange the chopped red bell peppers evenly over bottom halves of bagels; top with top halves of bagels.
- 3 Cut each sandwich in half.

Nutrition per serving

64	3 g	0 g	12 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			0.1 g · 0% of daily needs
Fibre			0.7 g · 3% of daily needs
Sugar			0.2 g · 0% of daily needs
Sodium			347 mg · 15% of daily needs
Cholesterol			0.3 mg · 0% of daily needs
Vitamin C			6.9 mg · 8% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/roasted-red-pepper-on-mini-bagel-sandwiches-148050