



Salt and Garlic Bagel Chips

READY IN



25 min.

SERVINGS



6

CALORIES



270 kcal

SIDE DISH

Ingredients

- ☐ 3 day old bagels
- ☐ 2 cloves garlic minced
- ☐ 1 teaspoon penzey's southwest seasoning italian
- ☐ 0.3 cup olive oil
- ☐ 0.3 cup parmesan cheese freshly grated
- ☐ 6 servings salt and pepper to taste

Equipment

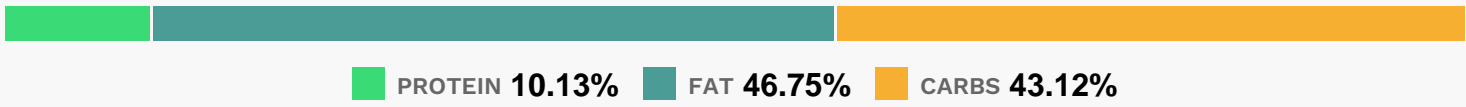
- ☐ bowl

- ☐ baking sheet
- ☐ oven
- ☐ serrated knife
- ☐ pastry brush

Directions

- ☐ Preheat the oven to 325 degrees F (165 degrees C). Lightly grease a baking sheet with olive oil.
- ☐ Slice bagels into 1/8 inch thick rounds using a serrated knife. Arrange them in a single layer on the greased baking sheet. In a small bowl, stir together the olive oil, garlic, Italian seasoning, and Parmesan cheese. Use a spoon or pastry brush to apply the flavored olive oil to the bagel chips. If you start to run out of the mixture, you can add a little bit more oil without sacrificing any flavor. Season the chips lightly with salt and pepper.
- ☐ Bake for 15 to 20 minutes in the preheated oven, or until the chips are lightly browned.
- ☐ Remove from the oven and cool. The chips will become crispier as they cool.

Nutrition Facts



Properties

Glycemic Index:17.83, Glycemic Load:19.41, Inflammation Score:-1, Nutrition Score:4.4343478167834%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 270.37kcal (13.52%), Fat: 14.03g (21.58%), Saturated Fat: 2.42g (15.15%), Carbohydrates: 29.11g (9.7%), Net Carbohydrates: 27.74g (10.09%), Sugar: 0.03g (0.03%), Cholesterol: 3.63mg (1.21%), Sodium: 547.55mg (23.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.84g (13.68%), Manganese: 0.32mg (16.04%), Vitamin E: 1.81mg (12.07%), Vitamin K: 9.38µg (8.94%), Phosphorus: 78.84mg (7.88%), Vitamin B1: 0.09mg (5.95%), Fiber: 1.37g (5.48%), Calcium: 53.66mg (5.37%), Iron: 0.94mg (5.23%), Vitamin B3: 0.95mg (4.74%), Copper: 0.09mg (4.62%), Magnesium: 17.84mg (4.46%), Zinc: 0.66mg (4.42%), Folate: 12.62µg (3.15%), Vitamin B2: 0.04mg (2.62%), Selenium: 1.62µg (2.31%), Vitamin B6: 0.05mg (2.3%), Vitamin B5: 0.21mg (2.13%), Potassium: 69.06mg (1.97%)