



Savory Baked Bagel Chips

 Dairy Free

READY IN



35 min.

SERVINGS



16

CALORIES



103 kcal

SIDE DISH

Ingredients

- 4 bagels cut into 1/ slices
- 2 teaspoons garlic powder
- 0.3 cup olive oil

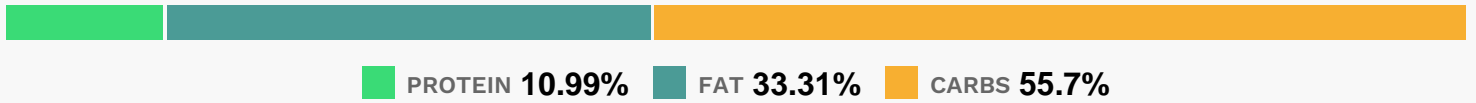
Equipment

- baking sheet
- baking paper
- oven
- mixing bowl

Directions

- Preheat oven to 375 degrees F (190 degrees C). Line a baking sheet with parchment paper.
- Place bagel slices into a large mixing bowl and drizzle with olive oil while tossing lightly; sprinkle bagel slices with garlic powder and toss again. Arrange bagel chips onto the prepared baking sheet.
- Bake in the preheated oven for 10 minutes; turn the chips over and bake until chips are crisp and dry, about 10 more minutes.

Nutrition Facts



Properties

Glycemic Index:4.81, Glycemic Load:9.67, Inflammation Score:-1, Nutrition Score:1.6017391348825%

Nutrients (% of daily need)

Calories: 103.26kcal (5.16%), Fat: 3.8g (5.84%), Saturated Fat: 0.52g (3.28%), Carbohydrates: 14.29g (4.76%), Net Carbohydrates: 13.65g (4.96%), Sugar: 0.01g (0.01%), Cholesterol: 0mg (0%), Sodium: 140.47mg (6.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.82g (5.64%), Manganese: 0.15mg (7.27%), Vitamin E: 0.49mg (3.26%), Vitamin B1: 0.04mg (2.96%), Phosphorus: 26.75mg (2.68%), Fiber: 0.64g (2.55%), Vitamin B3: 0.46mg (2.32%), Copper: 0.04mg (2.24%), Iron: 0.4mg (2.21%), Magnesium: 7.9mg (1.98%), Vitamin K: 2.03µg (1.94%), Zinc: 0.24mg (1.61%), Folate: 5.95µg (1.49%)