



## Stuffed Bagel Pizzas

READY IN



15 min.

SERVINGS



4

CALORIES



498 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4 medium bagels ()
- 1 cup ricotta
- 0.5 teaspoon salt
- 1 cup mozzarella cheese shredded
- 5 ounces pkt spinach frozen dry thawed chopped
- 0.5 cup tomato sauce

### Equipment

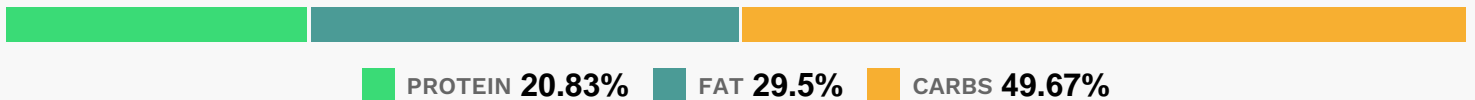
- bowl

- baking sheet
- oven
- aluminum foil
- serrated knife

## Directions

- Preheat oven to 400F. Line a baking sheet with foil and place in oven.
- Combine mozzarella, ricotta, spinach and salt in a bowl.
- Using a large serrated knife, carefully slice off the very top of each bagel and discard. Scoop out bagels' doughy interiors, leaving crust intact. Discard interiors.
- Spread 2 Tbsp. tomato sauce inside bottom of each bagel. Divide cheese mixture among bagels, spreading evenly.
- Place bagels on preheated baking sheet and bake until cheese is bubbling and bagels are crisp and browned around cut edges, about 15 minutes.

## Nutrition Facts



## Properties

Glycemic Index:42.75, Glycemic Load:39.83, Inflammation Score:-10, Nutrition Score:23.356521642726%

## Nutrients (% of daily need)

Calories: 498.26kcal (24.91%), Fat: 16.28g (25.05%), Saturated Fat: 9.08g (56.77%), Carbohydrates: 61.69g (20.56%), Net Carbohydrates: 57.78g (21.01%), Sugar: 1.78g (1.97%), Cholesterol: 53.74mg (17.91%), Sodium: 1250.41mg (54.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.87g (51.74%), Vitamin K: 134.01µg (127.63%), Vitamin A: 4753.12IU (95.06%), Manganese: 0.86mg (43.11%), Calcium: 338.82mg (33.88%), Phosphorus: 323.51mg (32.35%), Selenium: 16.06µg (22.94%), Folate: 86.64µg (21.66%), Vitamin B2: 0.35mg (20.82%), Magnesium: 74.05mg (18.51%), Zinc: 2.73mg (18.18%), Fiber: 3.9g (15.61%), Iron: 2.75mg (15.29%), Vitamin B1: 0.23mg (15.22%), Vitamin B12: 0.85µg (14.15%), Copper: 0.27mg (13.69%), Vitamin B3: 2.42mg (12.11%), Potassium: 406.06mg (11.6%), Vitamin E: 1.59mg (10.6%), Vitamin B6: 0.18mg (9.08%), Vitamin B5: 0.68mg (6.81%), Vitamin C: 4.09mg (4.96%), Vitamin D: 0.24µg (1.57%)