

Pizza Bagel Bites PK

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-46390

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA BAGEL CHS MINI	3 Each	Basic Preparation Pre heat convection oven to 425 degrees F, conventional oven to 450 degrees F. Place 3 bagels per serving mini pizza bagels on parchment lined sheet pan. Bake for 9-11 minutes. Remove from oven and serve. Allow pan to cool for 3-5 minutes then cover tightly with plastic film. Hold covered tray in a moist 145 degree warmer for up to 1 hour.	703411

Preparation Instructions

3=serving

Meal Components (SLE)

Amount Per Serving

Meat	1.500
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.098
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	195.00
Fat	6.75g
SaturatedFat	3.75g
Trans Fat	0.00g
Cholesterol	15.00mg
Sodium	420.00mg
Carbohydrates	18.00g
Fiber	3.00g
Sugar	3.00g
Protein	15.75g
Vitamin A 562.50IU	Vitamin C 4.50mg
Calcium 262.50mg	Iron 1.35mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available