

# Pizza Bagel Bites PK



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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA BAGEL CHS MINI	3 Each	<b>Basic Preparation</b> 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

Amount Per Serving

<b>Meat/Meat Alternate</b>	1.500
<b>Grain</b>	1.500
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.098
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	195.00
<b>Fat</b>	6.75g
<b>Saturated Fat</b>	3.75g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	15.00mg
<b>Sodium</b>	420.00mg
<b>Carbohydrates</b>	18.00g
<b>Fiber</b>	3.00g
<b>Total Sugar</b>	3.00g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	15.75g
<b>Vitamin A</b> 562.50mcg	<b>Vitamin C</b> 4.50mg
<b>Calcium</b> 262.50mg	<b>Iron</b> 1.35mg

## Nutrition - Per 100g

No 100g Conversion Available