

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

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

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

Nutrition - Per 100g

No 100g Conversion Available