




Herb Bagel Bites

Garlic and basil transform ordinary bagels into an extraordinary snack.

AGES: 6–18 years
PREP TIME: 45 minutes
COOK TIME: 8 minutes

CACFP CREDITING INFORMATION

1½ oz eq grains 

SOURCE

Team Nutrition CACFP Easy Recipe Project
TeamNutrition.USDA.gov

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					1 Wash hands with soap and water for at least 20 seconds.
					2 Preheat oven to 400 °F.
Bagels, whole-wheat (at least 84 g or 3 oz each)	37½ oz (at least 1050 g)	12½	75 oz (at least 2100 g)	25	3 Cut each bagel in half (if not already pre-sliced). Then cut each half into three pieces.
Margarine, <i>trans</i> fat-free	6⅔ oz	¾ cups	13¼ oz	1½ cups	4 Place margarine in a microwave safe bowl. Melt in the microwave for 10 seconds at a time until completely melted.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Garlic powder		1 Tbsp		2 Tbsp	5 Add garlic powder and basil to melted margarine. Stir.
Basil, leaf, dried (or fresh, chopped)		2 Tbsp (¼ cup)		¼ cup (½ cup)	
					6 Place bagel pieces in a large bowl and toss with seasoned margarine.
					7 Place on ungreased sheet pan (18" x 26" x 1") and toast, about 7–8 minutes. For 25 servings , use 2 pans. For 50 servings , use 4 pans.
					8 Serve 3 Herb Bagel Bites (½ bagel). Serve immediately, or keep warm at 140 °F or higher.


NUTRITION INFORMATION

3 Herb Bagel Bites

NUTRIENTS	AMOUNT
Calories	163
Total Fat	6 g
Saturated Fat	1 g
Cholesterol	0 mg
Sodium	241 mg
Total Carbohydrate	24 g
Dietary Fiber	4 g
Total Sugars	3 g
Includes Added Sugars	N/A
Protein	5 g
Vitamin D	N/A
Calcium	78 mg
Iron	1 mg
Potassium	N/A

N/A = Data not available

NOTES

- **Contains wheat (bagel).** Bagels can be a hidden source of common allergens which include, milk, peanuts, tree nuts, eggs, fish, shellfish, soy, wheat, and sesame.
- Sesame can appear as an ingredient in foods where it might not be expected (bagels) and may be included in ingredient statements as “spice” or “flavoring.”
- If using fresh basil, gently wash under running water before cutting.
- The  symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.

WEIGHT/YIELDS

25 Servings	50 Servings
2 lb 6 oz	4 lb 12½ oz
75 Herb Bagel Bites	150 Herb Bagel Bites