




Herb Bagel Bites

Garlic and basil transform ordinary bagels into an extraordinary snack.

AGES: 3–5 years
PREP TIME: 45 minutes
COOK TIME: 8 minutes

CACFP CREDITING INFORMATION

1 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)	25½ oz (at least 714 g)	8½	51 oz (at least 1428 g)	17	3 Cut each bagel in half (if not already pre-sliced). Then cut each half into three pieces.
Margarine, <i>trans</i> fat-free	5½ oz	½ cup + 2 Tbsp	11 oz	1¼ 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		2 tsp		1 Tbsp + 1 tsp	5 Add garlic powder and basil to melted margarine. Stir.
Basil, leaf, dried (or fresh, chopped)		1 Tbsp (2 Tbsp)		2 Tbsp (¼ 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 1 pan. For 50 servings , use 2 pans.
					8 Serve 2 Herb Bagel Bites. Serve immediately, or keep warm at 140 °F or higher.




NUTRITION INFORMATION

2 Herb Bagel Bites

NUTRIENTS	AMOUNT
Calories	118
Total Fat	5 g
Saturated Fat	1 g
Cholesterol	0 mg
Sodium	171 mg
Total Carbohydrate	16 g
Dietary Fiber	2 g
Total Sugars	2 g
Includes Added Sugars	N/A
Protein	3 g
Vitamin D	N/A
Calcium	53 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
1 lb 9½ oz	3 lb 3⅓ oz
50 Herb Bagel Bites	100 Herb Bagel Bites