

# Pizza Bagels

Yield: 12 min  
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-sausage-canadian-bacon-and-pineapple-pizza-recipe>

## Ingredients:

- 6 bagels frozen, thawed or fresh, or English muffins, halved and toasted
- 1 2/3 cups Ragu® Old World Style® Pasta Sauce or 1 jar (14 oz.) Ragu® Pizza Quick Sauce
- 3/4 cup shredded mozzarella cheese about 3 oz
- pizza toppings optional

## Nutrition:

1. Calories: 160 calories
2. Carbohydrate: 27 grams
3. Cholesterol: 5 milligrams
4. Fat: 2.5 grams
5. Fiber: 1 grams
6. Protein: 7 grams
7. SaturatedFat: 1 grams
8. Sodium: 290 milligrams
9. Sugar: 3 grams

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