



Effective Date: 10/06/2016  
Supersedes: 09/09/2016

Code: 62200

Product Name: Whole Grain Garlic Knot

Serving Size: 2.00 oz.

Pack: 144/2.00 oz

Statement of child nutrition food based meal pattern equivalency: Each 2.00 oz Whole Grain Garlic Knot provides 2.0 oz-eq grains.

## Product Info



### PREPARATION – for best results

#### Keep frozen until ready to prepare

1. Preheat convection oven to 350°F (conventional oven to 375°F).
2. Place frozen Garlic Knots on a parchment lined sheet pan.
3. Bake Garlic Knots 7-9 minutes. **Note: cooking equipment, equipment settings, and kitchen conditions will vary so cooking time may need adjusting. Cook all food thoroughly to 165°F.**
4. Remove from oven. Serve.
5. Holding: Hold for up to 2 hours in a warmer at 145°F.

## Nutrition Facts

Serving Size 1 Knot (56g)

Amount Per Serving

**Calories** 170    **Calories from Fat** 60

% Daily Value\*

**Total Fat** 7g    **11%**

Saturated Fat 1.5g    **8%**

Trans Fat 0g

**Cholesterol** 0mg    **0%**

**Sodium** 270mg    **11%**

**Total Carbohydrate** 23g    **8%**

Dietary Fiber 2g    **8%**

Sugars 2g

**Protein** 4g

Vitamin A 4%    •    Vitamin C 10%

Calcium 2%    •    Iron 6%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

|                    | Calories: | 2,000   | 2,500   |
|--------------------|-----------|---------|---------|
| Total Fat          | Less than | 65g     | 80g     |
| Saturated Fat      | Less than | 20g     | 25g     |
| Cholesterol        | Less than | 300mg   | 300mg   |
| Sodium             | Less than | 2,400mg | 2,400mg |
| Total Carbohydrate |           | 300g    | 375g    |
| Dietary Fiber      |           | 25g     | 30g     |

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Shelf life: 12 months frozen (0° - 15°F)

Dim: 22.6" X 15.6" X 8.5"

Ti-Hi: 5 X 10

Cases/pallet: 50

Gross case wt: 19.00 lbs;    Net wt: 18.00 lbs

UPC: 10852777004944

**ALLERGENS: Contains Wheat, Milk & Soy**

**GRAINS: At least 51% of the grains used in this product are whole grains.**

**Ingredients:** White Whole Wheat Flour, Water, Enriched Flour (Unbleached Unbromated Wheat Flour, Malted Barley Flour, Niacin, Iron (Reduced Iron), Thiamine Mononitrate, Riboflavin, Folic Acid), Soybean Oil, Dextrose, Degerminated Yellow Cornmeal, Garlic Powder, Salt, Yeast, Milk Powder, Palm Oil, Dried Parsley, Grated Parmesan Cheese (Pasteurized Part-Skim Milk, Cheese Culture, Salt, Enzymes, Cellulose Powder, Potassium Sorbate), Beta Carotene, Citric Acid, Natural & Artificial Flavor, Vegetable Mono & Diglycerides, Whey, Ascorbic Acid, Enzymes, Inactive Dry Yeast.

Robin Canterella  
Director R&D  
Tasty Brands

CONTAINS: 144 – 2.00 OZ SERVINGS PER CASE  
(1 WG GARLIC KNOT PER SERVING)

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