



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.

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.

### 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

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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