



Effective Date: 07/29/2016
Supersedes: 07/20/2016

Code: 62200

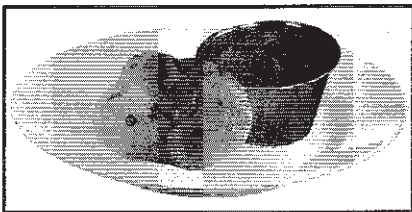
Product Name: Whole Grain Garlic Knot

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



Nutrition Facts

Serving Size 1 Knot (56g)

Amount Per Serving

Calories 170 Calories from Fat 60

Total Fat 7g **% Daily Value*** 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	85g	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

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 30 minutes 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 lbs;

Net wt: 18 lbs

UPC: 10852777004944

ALLERGENS: Contains Wheat, Milk & Soy

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

Ingredients: Water, Whole Wheat Flour, Enriched Flour (Unbleached Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Soybean Oil, Dextrose, Cornmeal, Yeast, Milk Powder, Salt, Garlic Powder, Palm Oil, 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 (Milk), Ascorbic Acid, Dried Parsley, 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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