

Date: 1/12/2009
Time: 8:59 AM



Garlic Knots - 2 Knots

Morrisville Auxiliary Corp
Mustang Alley

Author

Categories

Tools

Locations Brickyard

Plate/Store

Yield 1 ea

Portion 1 ea

Num Portions 1

Prep

Cook

Finish

Shelf

Nutrition Facts	
Serving Size	1 ea
Servings Per Container	1
Amount Per Serving	
Calories 387	Calories From Fat 163
% Daily Value	
Total Fat 18g	27%
Saturated Fat 3g	13%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 477mg	20%
Total Carbohydrates 50g	17%
Dietary Fiber 2g	9%
Protein 8g	
Vitamin A 0%	Vitamin C 1%
Calcium 8%	Iron 16%
* Percent Daily Values are based on a 2000 calorie diet.	

The following items are not included in the label data

Ingredient

Tray, Food Paper 5#

Reason

No nutrition information