Garlic Knots - 4 Knots
Morrisville Auxiliary Corp
Mustang Alley

Author
Categories Side
Tools
Locations Brickyard
Plate/Store

Yield 4 ea
Portion 4 ea
Num Portions 1

Prep
Cook
Finish
Shelf

Nutrition Facts
Serving Size 4 ea
Servings Per Container 1

Amount Per Serving
Calories 747 Calories From Fat 290
% Daily Value
Total Fat 32g 48%
Saturated Fat 17g 77%
Trans Fat 0g
Cholesterol 65mg 22%
Sodium 1263mg 53%
Total Carbohydrates 102g 34%
Dietary Fiber 4g 19%
Sugars 9g
Protein 18g

Vitamin A 19% Vitamin C 5%
Calcium 23% Iron 33%

* Percent Daily Values are based on a 2000 calorie diet.

Nutrition Descriptors
High in Calcium
High in Iron
High in Carbohydrates
High in Protein
Good Source of Vitamin A
Good Source of Fiber

Ingredients
Roll Dinner Dough, Lightly Salted Butter, Parmesan Cheese, Garlic Powder Spice, Fresh Parsley, Whole Peeled Garlic