

# Garlic Knots (Vegetarian)

## Nutrition Facts

Serving Size 1/16 each

### Amount Per Serving

**Calories 115**

**Calories from Fat 28**

### % Daily Value\*

**Total Fat 3.1g** 5%

**Saturated Fat 0.2g** 1%

**Trans Fat 0g**

**Cholesterol 0mg** 0%

**Sodium 234.7mg** 10%

**Total Carbohydrate 18.1g**

**Dietary Fiber 0.5g** 2%

**Sugars 0.3g**

**Protein 3.6g**

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