Lactation Pumpkin Bread

Nutrition Facts

Serving Size: (0.0g)
Servings Per Container: 8

Amount Per Serving

Calories 160	Calories from Fat 60
	% Daily Value*
Total Fat 6g	**9**%
Saturated Fat 1g	**5**%
Trans Fat 1g	
Cholesterol 15mg	**5**%
Sodium 140mg	**6**%
Total Carbohydrate 22g	**7**%
Dietary Fiber 3g	**12**%
Sugars 11g	
Protein 4g	

Vitamin A 25%	•	Vitamin C 0%
Calcium 6%	•	Iron 8%

* 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
Sat 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