# 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 |