

A-Lotta-Lishus Pumpkin Cupcake

Nutrition Facts

Serving Size: full recipe (125g)

Servings Per Container: 1

Amount Per Serving

Calories 370 Calories from Fat 120

% Daily Value*

Total Fat 13g **20%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 50mg **17%**

Sodium 310mg **13%**

Total Carbohydrate 54g **18%**

Dietary Fiber 3g **12%**

Sugars 19g

Protein 7g

Vitamin A 70% • Vitamin C 0%

Calcium 2% • Iron 2%

* 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

INGREDIENTS: ALL PURPOSE FLOUR, PUMPKIN PUREE, LIGHT BROWN SUGAR, EGGS, CANOLA OIL, WHOLE MILK , BAKING POWDER, SALT, CINNAMON, BAKING SODA, GINGER, GROUND NUTMEG, CLOVES

CONTAINS: MILK, EGG, WHEAT

CREATE YOUR CUPCAKE LLC.
203 HILDERBRAND DRIVE
ATLANTA, GEORGIA 30328