A-Lishus-Creation Pumpkin Cupcake

Nutrition Facts

Serving Size: full recipe (72g)
Servings Per Container: 1

Amount Per Serving

Calories 210	Calories from Fat 70
	% Daily Value*
Total Fat 8g	**12**%
Saturated Fat 1g	**5**%
Trans Fat 0g	
Cholesterol 30mg	**10**%
Sodium 180mg	**8**%
Total Carbohydrate 31g	**10**%
Dietary Fiber 1g	**4**%
Sugars 11g	
Protein 4g	

Vitamin A 40%	•	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
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