

PUMPKIN WALNUT SWIRL

Nutrition Facts

Serving Size 1 slice 1/15 loaf
2oz (56g)
Servings Per Container About 15

Amount Per Serving

Calories 140 **Calories from Fat** 15

% Daily Value*

Total Fat 1.5g **3%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 5mg **1%**

Sodium 190mg **8%**

Total Carbohydrate 29g **10%**

Dietary Fiber 2g **6%**

Sugars 11g

Protein 3g

Vitamin A 25% • Vitamin C 0%

Calcium 2% • 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
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Enriched White Flour (White Flour, Malted Barley, Niacin, Reduced Iron, Thiamine, Mononitrate, Riboflavin, Folic Acid), Fresh Ground 100% Whole Wheat Flour, Water, Pumpkin, Brown Sugar, Honey, Walnuts, Yeast, Butter (Milk), Salt, Pumpkin Pie Spice and Egg.
CONTAINS: WHEAT, WALNUTS, MILK AND EGG.

*Martin & Rebecca
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NET WT 30 OZ.