

Banana walnut loaf

Nutrition Facts

1 serving per container

Serving size one slice (0.0g)

Amount Per Serving

Calories **370**

% Daily Value*

Total Fat 18g **23%**

Saturated Fat 2.5g **13%**

Trans Fat 0g

Cholesterol 60mg **20%**

Sodium 300mg **13%**

Total Carbohydrate 47g **17%**

Dietary Fiber 4g **14%**

Total Sugars 23g

Includes 0g Added Sugars **0%**

Protein 6g

Vitamin D 0.4mcg 2%

Calcium 40mg 4%

Iron 1.4mg 8%

Potassium 1340mg 30%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: BANANAS, OAT FLOUR, EGGS, MAPLE SYRUP, OLIVE OIL, HONEY, WALNUTS, CINNAMON, BAKING SODA, VANILLA EXTRACT, SEA SALT, NUTMEG

CONTAINS: EGG, WALNUT

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Pumpkin Loaf

Nutrition Facts

1 serving per container

Serving size **1 (0.0g)**

Amount Per Serving

Calories **400**

% Daily Value*

Total Fat 17g **22%**

Saturated Fat 2.5g **13%**

Trans Fat 0g

Cholesterol 60mg **20%**

Sodium 270mg **12%**

Total Carbohydrate 62g **23%**

Dietary Fiber 5g **18%**

Total Sugars 41g

Includes 0g Added Sugars **0%**

Protein 6g

Vitamin D 0.4mcg 2%

Calcium 50mg 4%

Iron 1.6mg 8%

Potassium 1860mg 40%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: OAT FLOUR, DATES, HONEY, EGGS, MAPLE SYRUP, OLIVE OIL, PUMPKIN, BANANAS, ORGANIC PUMPKIN SEEDS, SEA SALT, PUMPKIN PIE SPICE, BAKING SODA, SEA SALT, CINNAMON, NUTMEG, TURMERIC, CLOVES, GROUND GINGER

CONTAINS: EGG

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