The 12F675 can sink 25mA on the RB port pins (125mA total all pins). To calculate the value for LED current limiting resistor, RL use the following formula:

\[ V_{\text{batt}} - V_{\text{f(LED)}} \frac{I_{\text{f(LED)}}}{4.5 - 1.9} = \frac{R}{0.01} \]

= 260ohms

use 270R resistor

270R also works well with 3v Lithium coin cell, which gives ~4mA but helps battery life.