

HAM

Nutrition Facts

Serving Size 4 oz. Slice (123g)

Amount Per Serving

Calories 380 **Calories from Fat** 80

% Daily Value*

Total Fat 9g **14%**

 Saturated Fat 3.5g **18%**

 Trans Fat 0g

Cholesterol 60mg **20%**

Sodium 1300mg **54%**

Total Carbohydrate 5g **2%**

 Dietary Fiber 0g **0%**

 Sugars 5g

Protein 19g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 15%

*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	300mg	
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: HAM (cured with: water, salt, honey, sugar, sodium phosphate, sodium erythorbate, sodium nitrite, extractives of paprika, spice extractives), **PINEAPPLE BOURBON GLAZE** (sugar, molasses, water, soy sauce [water, wheat, soybean, salt], apple cider vinegar, corn starch, black pepper, chili powder [spices, salt, garlic], pineapple, salted bourbon [bourbon, salt], spices, natural pineapple flavor [natural flavor, water, glycerin]). Contains Soy, Wheat.