

Nutrition Facts

Serving Size: 2 oz

Servings per container: 18

Amount per Serving

Calories 54 Calories from Fat 126

% Daily Value

Total Fat 2g 14%

Saturated Fat 1g 23%

Trans Fat 0g

Cholesterol 72mg 24%

Sodium 420mg 11%

Total Carbohydrate 0g 0%

Dietary Fiber 0 g 0%

Sugars 0g

Protein 9g

Vitamin A 0% * Vitamin C 0%

Calcium 0% * 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
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrates		300g	375g
Dietary Fiber		25g	30g

Calories per gram

Fat 9 * Carbohydrate 4 * Protein 4

Code 102561

Diced Smoked Ham

INGREDIENTS: Ham, Water, Salt, Dextrose, Sodium Phosphate, Smoke Flavoring, Sodium Erythorbate, Sodium Nitrate.

