

Ham

<b>Nutrition Facts</b>	
Serving Size 2 ounces (62.13g)	
<b>Amount Per Serving</b>	
<b>Calories 60</b>	
<b>Total Fat</b>	4.4g
<i>Trans Fat</i>	
<b>Sodium</b>	560mg
<b>Total Carbohydrate</b>	2.8g
Dietary Fiber	0g
Sugars	2g
<b>Protein</b>	8g
% Daily Value	
Protein 57%	• Vitamin A
Vitamin C 2%	• Calcium 0%
Iron 4%	

**Ingredients:** Cooked Ham. 35% of weight is added ingredients: cured with water, salt, dextrose, corn syrup solids, sodium phosphates, sodium erythobate, sodium nitrate.