

# FRESH HAM



## Nutrition Facts

Serving Size 4 oz (112g)  
Servings Per Container Varied

Amount Per Serving

**Calories 140**      **Calories from Fat 50**

	% Daily Value*
<b>Total Fat</b> 5g	<b>8%</b>
Saturated Fat 2g	<b>9%</b>
Trans Fat 0g	
<b>Cholesterol</b> 70mg	<b>23%</b>
<b>Sodium</b> 230mg	<b>9%</b>
<b>Total Carbohydrate</b> 2g	<b>1%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 0g	

**Protein 21g**

Vitamin A 0%	• Vitamin C 2%
Calcium 0%	• Iron 6%
Thiamin 60%	• Riboflavin 15%
Niacin 25%	• Vitamin B6 25%
Folate 2%	• Vitamin B12 10%
Phosphorus 30%	• Magnesium 6%
Zinc 15%	• Selenium 50%

\*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	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4