

HoneyBaked Ham Company

Ingredient Statement and Nutritional Facts

SLICED AND GLAZED HONEYBAKED BONELESS HAM			
Ingredients: Ham Cured With Water, Salt, Contains 2% Or Less Of Sugar, Sodium Lactate, Sodium Phosphate, Sodium Diacetate, Sodium Erythorbate, Sodium Nitrite. Glazed With Sugar, Gelatin, Paprika (Color), Maltodextrin, Food Starch - Modified, Dextrose, Spices, Natural Flavor [With Brown Sugar. Invert Sugar], Natural Flavoring.			
Nutritional Facts			
Serving Size 3 oz. (84g)			
Servings Per Container Varied			
Amount Per Serving			
Calories	140	Calories From Fat	35
			% Daily Value *
Total Fat	3.5 g	5%	
Saturated Fat	1.5 g	8 %	
Trans Fat	0 g		
Cholesterol	50 mg	16 %	
Sodium	950 mg	40 %	
Total Carbohydrate	4 g	1 %	
Dietary Fiber	0 g	0 %	
Sugar	4 g		
Protein	20 g		
Vitamin A	0 %	Vitamin C	0 %
Calcium	0 %	Iron	4 %
* Percent Daily Values are based on a 2,000 calorie diet.			