

# HoneyBaked Ham Company

## Ingredient Statement and Nutritional Facts

<b>SPIRAL SLICED AND GLAZED HONEYBAKED HAM</b>			
<b>Ingredients:</b> Ham Cured With Water, Salt, Sodium Lactate, Sugar, 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	150	Calories From Fat	70
			% Daily Value *
<b>Total Fat</b>	7 g	11%	
Saturated Fat	2.5 g	13 %	
Trans Fat	0 g		
<b>Cholesterol</b>	50 mg	16 %	
<b>Sodium</b>	960 mg	40 %	
<b>Total Carbohydrate</b>	4g	1 %	
Dietary Fiber	0 g	0 %	
Sugar	4 g		
<b>Protein</b>	16 g		
Vitamin A	0 %	Vitamin C	0 %
Calcium	0 %	Iron	6 %
* Percent Daily Values are based on a 2,000 calorie diet.			

# HoneyBaked Ham Company

## Ingredient Statement and Nutritional Facts

<b>SLICED AND GLAZED HONEYBAKED BONELESS HAM</b>			
<b>Ingredients:</b> 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 *
<b>Total Fat</b>	3.5 g	5%	
Saturated Fat	1.5 g	8 %	
Trans Fat	0 g		
<b>Cholesterol</b>	50 mg	16 %	
<b>Sodium</b>	950 mg	40 %	
<b>Total Carbohydrate</b>	4 g	1 %	
Dietary Fiber	0 g	0 %	
Sugar	4 g		
<b>Protein</b>	20 g		
Vitamin A	0 %	Vitamin C	0 %
Calcium	0 %	Iron	4 %
* Percent Daily Values are based on a 2,000 calorie diet.			

# HoneyBaked Ham Company

## Ingredient Statement and Nutritional Facts

<b>HONEYBAKED SLICED AND GLAZED ROASTED TURKEY BREAST</b>			
<b>Ingredients:</b> Turkey Breast, Turkey Broth, Dextrose, Salt, Sodium Lactate, Sodium Phosphate, Sodium Diacetate. 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	85	Calories From Fat	10
			% Daily Value *
<b>Total Fat</b>	1 g		2 %
Saturated Fat	0 g		0 %
Trans Fat	0 g		
<b>Cholesterol</b>	40 mg		14 %
<b>Sodium</b>	1020 mg		43 %
<b>Total Carbohydrate</b>	4g		2 %
Dietary Fiber	0 g		0 %
Sugar	2.5 g		
<b>Protein</b>	15 g		
Vitamin A	0 %	Vitamin C	0 %
Calcium	0 %	Iron	6 %
* Percent Daily Values are based on a 2,000 calorie diet.			

# HoneyBaked Ham Company

## Ingredient Statement and Nutritional Facts

<b>HONEYBAKED SLICED AND GLAZED SMOKED TURKEY BREAST</b>			
<b>Ingredients:</b> Turkey Breast Meat, Turkey Broth, Potassium Lactate, Seasoning [Salt, Dextrose, Sugar, Natural Flavor, Artificial Maple Flavor (Sugar, Modified Food Starch, Caramel Color, Natural Flavors, Maltodextrin, Corn Syrup)], Salt, Sodium Phosphate, Sodium Diacetate, 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	85	Calories From Fat	10
			% Daily Value *
<b>Total Fat</b>	1 g		2%
Saturated Fat	0 g		0 %
Trans Fat	0 g		
<b>Cholesterol</b>	40 mg		14 %
<b>Sodium</b>	710 mg		29 %
<b>Total Carbohydrate</b>	2g		1 %
Dietary Fiber	0 g		0 %
Sugar	1 g		
<b>Protein</b>	15 g		
Vitamin A	0 %	Vitamin C	0 %
Calcium	0 %	Iron	6 %
* Percent Daily Values are based on a 2,000 calorie diet.			