

Grilled Ham (Breakfast)

Nutrition Facts

Serving Size 1 half-moon piece (42.5g)

Servings Per Container 1

Amount Per Serving

Calories 46 **Calories From Fat** 9

		% Daily Value*
Total Fat	1g	1%
Saturated Fat	<1g	2%
Trans Fat	<1 g	0%
Cholesterol	19mg	6%
Sodium	289mg	12%
Total Carbohydrate	2g	1%
Dietary Fiber	<1g	0%
Sugars	2g	

Protein 6g

Vitamin A 0% ● Vitamin C 0%

Calcium 0% ● Iron 1%

*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	
Sat Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Ingredients: Boneless Ham (Cured with Water, Salt, Dextrose, Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite).

Allergy Information: