

Fully Cooked Country Ham

No MSG

Gluten Free



Fully Cooked Boneless Center Country Ham

A very special selection made from sugar cured Country Ham, aged a minimum of four months. This item is the center portion boned and gently cooked in brown sugar water. After cooking they are trimmed of any excess fat.

INGREDIENTS:

HAM CURED WITH: SALT, BROWN SUGAR, SODIUM NITRATE, PEPPER, SODIUM NITRITE.

Nutrition Facts

Serving Size 2 oz. (56g)

Servings Per Container Varied

Amount Per Serving

Calories 120 Calories from Fat 60

% Daily Value*

Total Fat 7g **11%**

Sat. Fat 2g **10%**

Trans Fat 0g

Cholesterol 60mg **20%**

Sodium 1350mg **56%**

Total Carbohydrate 0g **0%**

Dietary Fiber 0g **0%**

Sugars 0g

Protein 15g

Vitamin A 0%

Vitamin C 0%

Calcium 0%

Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet.