

# Off The Bone Honey Cured Ham

95% Fat Free

No MSG

Gluten Free



## Off The Bone Honey Cured Ham with Natural Juices

One of the favorites - this Ham has the sweetness of natural honey combined with a mild smoke flavor. It is hand stuffed in its unique net with the netting removed prior to packing. This Ham is 95% Fat Free.

CURED WITH: WATER, HONEY, SUGAR, CONTAINS 2% OR LESS POTASSIUM LACTATE, SALT, POTASSIUM CHLORIDE, SODIUM PHOSPHATE, SODIUM DIACETATE, SODIUM ERYTHORBATE, SODIUM NITRITE.

### Nutrition Facts

Serving Size 2 oz. (56g)

Servings Per Container Varied

#### Amount Per Serving

Calories 70      Calories from Fat 20

#### % Daily Value\*

**Total Fat** 2g      **3%**

Sat. Fat 0g      **1%**

Trans Fat 0g

**Cholesterol** 30mg      **9%**

**Sodium** 440mg      **18%**

**Total Carbohydrate** 6g      **2%**

Dietary Fiber 0g      **0%**

Sugars 4g

**Protein** 8g

Vitamin A 0%

Vitamin C 0%

Calcium 0%

Iron 2%

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