

Deli Smoked Ham

97% FAT FREE

No MSG

Gluten Free



Deli Smoked Ham - Water Added

This top quality extra lean, whole muscle Ham has a nice firm texture. 97% Fat Free.

CURED WITH: WATER, CONTAINS LESS THAN 2% POTASSIUM LACTATE, DEXTROSE, CORN SYRUP, SALT, POTASSIUM CHLORIDE, SODIUM PHOSPHATE, SODIUM DIACETATE, SODIUM ERYTHORBATE, SODIUM NITRITE.

Nutrition Facts

Serving Size 2 oz. (56 g)

Servings Per Container Varied

Amount Per Serving

Calories 50 Calories from Fat 5

% Daily Value*

Total Fat 1g **1%**

Sat. Fat 0g **1%**

Trans Fat 0g

Cholesterol 30mg **9%**

Sodium 390mg **16%**

Total Carbohydrate 2g **1%**

Dietary Fiber 0g **0%**

Sugars 1g

Protein 9g

Vitamin A 0% Vitamin C 0%

Calcium 0% Iron 2%

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

Sodium reduced from 724 mg to 380 mg