

# 21 oz. Center & End Sliced Country Ham

Sugar Cured

No MSG

Gluten Free



## Center & End Sliced Country Ham

Hand rubbed and smoked just like our whole country hams, but sliced and packaged for convenience. This 21 oz. package is our economy sliced Country Ham.

**INGREDIENTS:**

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 170    Calories from Fat 110

**% Daily Value\***

**Total Fat** 12g    **18%**

Sat. Fat 4g    **20%**

Trans Fat 0g

**Cholesterol** 55mg    **18%**

**Sodium** 1070mg    **45%**

**Total Carbohydrate** 7g    **2%**

Dietary Fiber 0g    **0%**

Sugars 0g

**Protein** 14g

Vitamin A 0%    Vitamin C 0%

Calcium 0%    Iron 4%

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