

Whole Country Ham

Aged 120 Days

No MSG

Gluten Free



Whole Country Ham

After aging for a minimum of 120 days our hams are paper wrapped and then netted and sealed with the Blue Grass label. Each ham comes with cutting and cooking instructions.

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.