

# Virginia Style Smoked Ham

Calories

60

Cholesterol

20  
mg

Total Fat

2  
g

Sodium

780  
mg

Protein

7  
g

## Nutrition Facts

Serving Size 2oz. (56g)

Servings Per Container 12

Amount Per Serving

Calories 60

Calories from Fat 20

% Daily Value\*

**Total Fat** 2g 3%

Saturated Fat 0.5g 3%

*Trans Fat* 0g

**Cholesterol** 20mg 7%

**Sodium** 780mg 33%

**Total Carbohydrate** 3g 1%

Dietary Fiber 0g 0%

Sugars 2g

**Protein** 7g

Vitamin A 0%

● Vitamin C 0%

Calcium 0%

● Iron 2%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Ingredients: Cured With: Water, Salt, Potassium Lactate, Sugar, Dextrose, Sodium Phosphate, Sodium Diacetate, Sodium Erythorbate, Sodium Nitrite