

NUTRITIONAL FACTS

SMITHFIELD SPECIALTY FOODS GROUP, LLC

Smithfield Fully Cooked Boneless Country Ham (Both the 2-4lb & 7-9lb)

Nutrition Facts			
Serving Size (84g)			
Amount Per Serving			
Calories 170	Calories from Fat 70		
% Daily Value*			
Total Fat 8g	12%		
Saturated Fat 3g	15%		
Trans Fat 0g			
Cholesterol 60mg	20%		
Sodium 1600mg	67%		
Total Carbohydrate 0g	0%		
Dietary Fiber 0g	0%		
Sugars 0g			
Protein 25g	50%		
*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	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS:

CURED with SALT, WHITE SUGAR, BROWN SUGAR,
SODIUM NITRATE, BLACK PEPPER, SODIUM NITRITE

ALLERGENS:

NONE