

# NUTRITIONAL FACTS

THE KANSAS CITY STEAK COMPANY

1 (7.25-8.5lb) Hickory Smoked Spiral Sliced Bone-In Ham

**HICKORY SMOKED SPIRAL SLICED HAM** WITH NATURAL JUICES  
FULLY COOKED

KEEP REFRIGERATED

Ingredients: Ham, Water, Salt, Sodium Lactate, Brown Sugar, Cane Sugar, Sodium Phosphate, Sodium Diacetate, Sodium Erythorbate, Hydrolyzed Corn Protein, Sodium Nitrite, Dextrose.

ESTABLISHED 1932  
THE *Kansas City* STEAK COMPANY

U.S. INSPECTED AND PASSED BY DEPARTMENT OF AGRICULTURE EST. 1161

Distributed by: The Kansas City Steak Company  
5140 Kansas Ave., Kansas City, KS 66106 • 800 524 1844

NET WT. LBS.

Nutrition Facts	
Serving Size 3oz. (84g)	
Servings per Container Varied	
Amount Per Serving	
<b>Calories</b> 130	Calories From Fat 50
% Daily Value*	
<b>Total Fat</b> 6g	<b>9%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol</b> 50mg	<b>16%</b>
<b>Sodium</b> 870mg	<b>36%</b>
<b>Total Carb</b> 0g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 0g	
<b>Protein</b> 17g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 4%

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

**HEATING INSTRUCTIONS:** Thaw in refrigerator 48 hours. Remove packaging. Place in pan flat, face down, do not add water, do not cover. Heat at 350° until warm in the center, remove from oven. To glaze ham, increase oven to 425°. Prepare glaze according to directions on packet. Brush glaze over ham, return to oven for 10 minutes.

020-0018-R01

# NUTRITIONAL FACTS

THE KANSAS CITY STEAK COMPANY

## 1 (4oz) Honey Glaze

Net Wt. 4oz (113 grams)

**INGREDIENTS:** Sugar, Honey Granules (Refinery Syrup, Honey), Spices.

**DIRECTIONS:** 10 minutes prior to ham being heated through, in small saucepan combine glaze mix with 2 tbsp. water. Stir constantly over medium heat. Bring to full boil and then remove from heat immediately.

Manufactured for:  
**Kansas City Steak Company**  
100 Osage • P.O. Box 5007  
Kansas City, KS 66119

### Nutrition Facts

Serving Size 1 tsp. (5g) dry mix  
Servings Per Container varied  
Calories 20  
Fat Cal 0

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

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat	0g 0%	Total Carb.	5g 2%
Sat. Fat	0g 0%	Fiber	0g 0%
Cholesterol	0mg 0%	Sugars	5g
Sodium	0mg 0%	Protein	0g
Vitamin A 0% Vitamin C 2% Calcium 2% Iron 0%			