

Nutritional/Ingredient Information Smithfield Marketplace, Toano, VA

Carando Honey Cured Bone In Half Spiral Ham

Nutrition Facts:

Serv. Size: 3 oz(84g), Amount Per Serving: Calories 170, Fat Cal. 70, Total Fat 8g (12% DV), Sat. Fat 3g (15% DV) Trans Fat 0g, Cholesterol 50mg (17% DV), Sodium 660mg (28% DV), Total Carb. 8g (3% DV), Dietary Fiber 0g (0%DV), Sugars 7g, Protein 15g, Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (4% DV).

Ingredients:

Cured with: Water, Honey, Sugar, Salt, Potassium Lactate, Sodium Phosphates, Sodium Diacetate, Sodium Erythorbate, Sodium Nitrite. Glaze Packet: Sugar, Brown Sugar, Water. Contains less than 2% of the following: Spices, Honey Powder (Maltodextrin, Honey and Silicon Dioxide), Modified Food Starch, Potassium Sorbate, Sodium Benzoate, Gelatin, Dimethylpolysiloxane* (Antifoam Agent), Natural Flavor (Natural Extractives of Cinnamon with Mono-, Di-, and Triglycerides, and Canola Oil), Natural Flavoring, Citric Acid.

Percent Daily Values (DV) are based on a 2,000 calorie diet.