

NUTRITIONAL FACTS

SMITHFIELD

8-10lb Fully Cooked EZ Carve Ham

Nutrition Facts

Serving Size 3 oz. (84g)

Servings Per Container Varied

Amount Per Serving

Calories 120 **Calories from Fat 50**

% Daily Value*

Total Fat 6g **9%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 35mg **12%**

Sodium 950mg **40%**

Total Carbohydrate 2g **1%**

Sugars 2g

Protein 12g

Iron 2%

Not a significant source of Dietary Fiber, Vitamin A, Vitamin C, and Calcium.

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