NUTRITIONAL FACTS

CORKY'S BBQ

4.5 lbs Boneless Smoked Carving Ham

with Corky's Honey Brown Sugar Glaze

Nutrition Facts

Serving Size: 4.25 oz (120g)
Servings per Container Varies

Amount Per Serving	
Calories 190 Calories from Fat 50	
	% Daily Value*
Total Fat 6g	**9%**
Saturated Fat 2g	**10%**
Trans Fat 0g	
Cholesterol 50mg	**17%**
Sodium 790mg	**33%**
Total Carbohydrate 16g	**5%**
Dietary Fiber 0g	**0%**
Sugars 14g	
Protein 18g	

Vitamin A 0% • **Vitamin C** 0%

Calcium 0% • **Iron** 4%

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

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients: Ham (Cured with Water, Potassium Lactate, Salt, Sodium Phosphates, Sugar, Hydrolyzed Soy Protein, Flavorings, Sodium Erthorbate, Sodium Nitrite)**, Corky's Honey Brown Sugar Glaze** (Brown Sugar, Water, Apple Cider Vinegar, Molasses, Honey, Food Starch Modified, Salt, Onion Powder, Soybean Oil, Garlic Powder, Xanthan Gum, Spices, Sodium Benzoate (Preservative)).

CONTAINS: SOY