

# NUTRITIONAL FACTS

THE KANSAS CITY STEAK COMPANY

## 3.1-4.1lb Applewood Smoked Boneless Carver Ham

<b>Nutrition Facts</b>	
<b>Serving size</b>	<b>3 Ounces (84g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>150</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 2.5g	<b>13%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 50mg	<b>17%</b>
<b>Sodium</b> 800mg	<b>35%</b>
<b>Total Carbohydrate</b> 1g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 16g	<b>32%</b>
<small>Not a significant source of vitamin D, calcium, iron, and potassium</small>	
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Ingredients: Ham, Water, Salt, Brown Sugar, Cane Sugar, Contains 2% or less of: Sodium Phosphate, Vinegar, Honey Powder (Cane Sugar, Honey), Ascorbic Acid, Sodium Nitrite.

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## 3 oz Brown Sugar Ham Glaze Mix

<b>Nutrition Facts</b>	
17 servings per container	
<b>Serving size</b>	<b>1 Tsp</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>20</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 100mg	<b>4%</b>
<b>Total Carbohydrate</b> 5g	<b>2%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 4g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 0g	<b>0%</b>
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

**Ingredients:** BROWN SUGAR, SUGAR, SALT, SPICES, SOYBEAN OIL (AS A PROCESSING AID), NATURAL FLAVOR, MAPLE SYRUP, VANILLA EXTRACT, MOLASSES, NOT MORE THAN 2% OF SILICON DIOXIDE ADDED TO PREVENT CAKING.