

NUTRITIONAL FACTS

THE KANSAS CITY STEAK COMPANY

½ Mini Bone In Ham

Nutrition Facts	
Serving size	3 ounces
Amount Per Serving	
Calories	90
	% Daily Value*
Total Fat 2g	3%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Cholesterol 55mg	18%
Sodium 780mg	34%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 18g	36%
Not a significant source of vitamin D, calcium, iron, and potassium	
*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.	

Cured with: Water, Salt, Sugar, Sodium Phosphate, Sodium Erythorbate, Sodium Nitrate

NUTRITIONAL FACTS

THE KANSAS CITY STEAK COMPANY

3 oz Brown Sugar Ham Glaze Mix

Nutrition Facts

17 servings per container

Serving size 1 Tsp

Amount Per Serving

Calories 20

% Daily Value*

Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 100mg	4%
Total Carbohydrate 5g	2%
Dietary Fiber 0g	0%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 0g	0%
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.