

Ham

Number of Servings: 1 (56.7 g per serving)

Weight: 56.7 g

Amount	Measure	Ingredient	Comments
2.00	oz	Ham 95% Fat Free Hormel	

Nutrition Facts	
Serving Size 2 oz. Slice (57g)	
Servings Per Container	
Amount Per Serving	
Calories 70	Calories from Fat 25
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 1g	5%
Trans Fat --g	
Cholesterol 25mg	8%
Sodium 710mg	30%
Total Carbohydrate 3g	1%
Dietary Fiber --g	--%
Sugars 3g	
Protein 9g	
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 2%
*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
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Notes:

contains pork