Ham

Number of Servings: 1  (56.7 g per serving)
Weight: 56.7 g

<table>
<thead>
<tr>
<th>Amount</th>
<th>Measure</th>
<th>Ingredient</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>2.00</td>
<td>oz</td>
<td>Ham 95% Fat Free Hormel</td>
<td></td>
</tr>
</tbody>
</table>

**Nutrition Facts**

Serving Size 2 oz. Slice (57g)
Servings Per Container

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories</th>
<th>Calories from Fat</th>
</tr>
</thead>
<tbody>
<tr>
<td>70</td>
<td>25</td>
<td>% Daily Value*</td>
</tr>
</tbody>
</table>

- 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.

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<tbody>
<tr>
<td>2,000</td>
<td>25g</td>
<td>Less than 55g</td>
<td>Less than 300mg</td>
<td>Less than 2,400mg</td>
<td>300g</td>
<td>25g</td>
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Calories per gram:
- Fat 9
- Carbohydrate 4
- Protein 4

**Notes:**
contains pork