

97%
FAT FREE



Keep
Refrigerated

Thin 'n' Trim

COOKED HAM
WATER ADDED

97%
FAT FREE



Cured With: Water, Salt, Sugar, Modified Food Starch, Dextrose,
Corn Syrup Solids, Potassium Chloride, Potassium Phosphate, Sodium
Phosphate, Sodium Erythorbate, Sodium Nitrite, Maple Syrup Concentrate.

Dist. By: Demakes Enterprises, Inc. • Lynn, MA 01905

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Nutrition Facts

Serving Size 2 ounces (56 g)
Servings Per Container varied

Amount Per Serving

Calories 60 Calories from Fat 20

Total Fat 2g % Daily Value*

Saturated Fat .5g 2%

Trans Fat 0g

Cholesterol 25mg 9%

Sodium 360mg 15%

Total Carbohydrate 1g 0%

Dietary Fiber 0g 0%

Sugars 1g 0%

Protein 9g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 4%

*Percent Daily Values are based on a diet of 2,000
calorie diet. Your daily values may be higher
or lower depending on your calorie needs.

Total Fat 2,000 2,500

Sat. Fat Less than 65g 80g

Cholest. Less than 20g 25g

Sodium Less than 300mg 300mg

Total Carb. 2,400mg 2,400mg

Fiber 300g 375g

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