

PAULA DEEN HAM

*Paula Deen*

Fully Cooked  
Hardwood Smoked  
~ Smoked ~  
**SPIRAL  
SLICED  
HAM**  
Bone-in



**Nutrition Facts**

Serving Size 3oz (84g)  
Servings Per Container: Varied

Amount Per Serving	
Calories 170	Fat Cal. 100
% Daily Value*	
Total Fat 11g	17%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 50g	17%
Sodium 940mg	39%
Total Carbohydrate 2g	1%
Fiber 0g	0%
Sugar 2g	
Protein 16g	
Iron 4%	

Not a significant source of Vitamin A, Vitamin C, and Calcium.

\* Percent Daily Values are based on a 2,000 calorie diet.

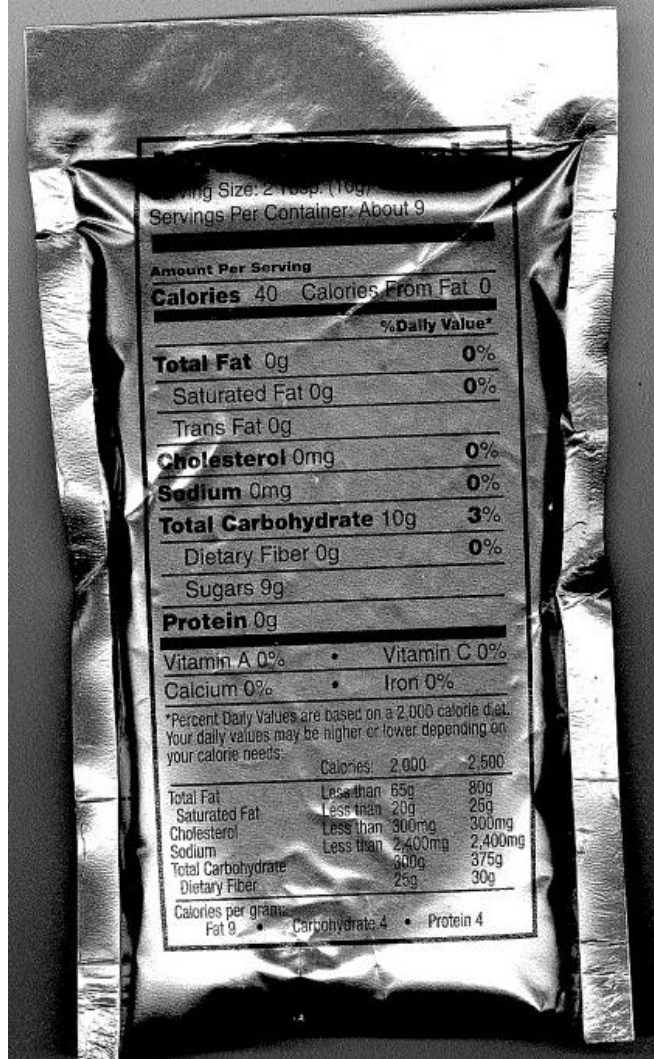
CURED WITH WATER, SALT,  
SUGAR, SODIUM LACTATE AND  
SODIUM DIACETATE, SODIUM  
ERYTHORBATE, SODIUM NITRITE.

KEEP REFRIGERATED  
1032699



Distributed By:  
Paula Deen Foods  
Savannah, GA

# HAM GLAZE



Serving Size: 2 Tbsp. (10g)  
 Servings Per Container: About 9

**Amount Per Serving**

**Calories 40**    **Calories From Fat 0**

**% Daily Value\***

<b>Total Fat</b>	0g	<b>0%</b>
Saturated Fat	0g	<b>0%</b>
Trans Fat	0g	
<b>Cholesterol</b>	0mg	<b>0%</b>
<b>Sodium</b>	0mg	<b>0%</b>
<b>Total Carbohydrate</b>	10g	<b>3%</b>
Dietary Fiber	0g	<b>0%</b>
Sugars	9g	

**Protein 0g**

Vitamin A 0%    •    Vitamin C 0%  
 Calcium 0%    •    Iron 0%

\*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