

Date: 1/25/2024
Time: 10:25 AM



Side, Ham
NAMA



Author
Categories
Tools
Locations
Plate/Store

Yield	1	ea	Prep
Portion	1	ea	Cook
Num Portions	1		Finish
			Shelf

Nutrition Facts	
Serving Size 1.00 ea	
Servings Per Container 1	
Amount Per Serving	
Calories 76	Calories From Fat 23
% Daily Value	
Total Fat 3g	4%
Saturated Fat 1g	6%
Trans Fat 0g	
Cholesterol 32mg	11%
Sodium 886mg	37%
Total Carbohydrates 4g	1%
Dietary Fiber 0g	0%
Sugars 4g	
Protein 10g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%
* Percent Daily Values are based on a 2000 calorie diet.	

Nutrition Descriptors

Low Fat
High in Protein