

PROSCIUTTO COTTO ITALIANO

COOKED HAM

Nutrition Facts

Serving Size 1 oz (28g)

Servings Per Container Varied

Amount Per Serving

Calories 50 **Calories from Fat** 30

%Daily Value*

Total Fat 3.5g **6%**

Saturated Fat 1g **5%**

Cholesterol 20mg **6%**

Sodium 230mg **10%**

Total Carbohydrate 0.5g **0%**

Dietary Fiber 0g **0%**

Sugars 0g

Protein 5g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 1.5%

Potassium 2.5%

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