

Nutrition Facts

Serving Size 1 package

Amount Per Serving

Calories 260 **Calories from Fat** 110

% Daily Value*

Total Fat 13g **20%**

 Saturated Fat 7g **35%**

 Trans Fat 0g

Cholesterol 45mg **15%**

Sodium 750mg **31%**

Total Carbohydrate 22g **7%**

 Dietary Fiber <1g **2%**

 Sugars 5g

Protein 14g **28%**

Vitamin A 4% • Vitamin C 20%

Calcium 20% • Iron 8%

*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
Sat Fat	Less than	20g	25g
Cholest	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carb		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

INGREDIENTS: COOKED HAM - WATER ADDED - CHOPPED AND FORMED - SMOKE FLAVOR ADDED - HAM, WATER, CONTAINS LESS THAN 2% OF SODIUM LACTATE, POTASSIUM CHLORIDE, MODIFIED CORNSTARCH, SUGAR, SODIUM PHOSPHATE, SALT, SODIUM DIACETATE, SODIUM ASCORBATE, FLAVOR, SODIUM NITRITE, SMOKE FLAVOR. **PASTEURIZED PREPARED SWISS CHEESE PRODUCT -** MILK, WATER, MILK PROTEIN CONCENTRATE, MILKFAT, WHEY PROTEIN CONCENTRATE, WHEY, SODIUM CITRATE, SALT, LACTIC ACID, PART-SKIM MILK, SORBIC ACID AS A PRESERVATIVE, CHEESE CULTURE, SODIUM PHOSPHATE, ENZYMES, WITH SUNFLOWER LECITHIN ADDED FOR SLICE SEPARATION. **CONTAINS: MILK. CRACKERS -** ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), PALM OIL, SUGAR, SALT, BAKING SODA, WHEY (FROM MILK), SOY LECITHIN, NATURAL FLAVOR. **CONTAINS: WHEAT, MILK, SOY.**