

Ingredients

SMOKED HAM GROUND AND FORMED (CURED WITH WATER, SALT, SODIUM LACTATE, NATURAL HICKORY SMOKE FLAVOR, CORN SYRUP, DEXTROSE, SODIUM PHOSPHATES, SUGAR, SODIUM DIACETATE, SODIUM ERYTHORBATE, SODIUM NITRITE), SALT, MALTODEXTRIN, SUGAR, DEXTROSE, HYDROLYZED CORN PROTEIN, NATURAL FLAVORS, 2% OR LESS OF CORN OIL, MODIFIED CORNSTARCH, DISODIUM INOSINATE, DISODIUM GUANYLATE, SPICES, LACTIC ACID.

Allergens

According to the FDA, the most common food allergens are milk, peanuts, eggs, fish, crustacean shellfish, soy, tree nuts, and wheat. This product does not contain any of these allergens.

Nutritional Fact

	3/4 tsp (6 g) makes 1 cup prepared	Daily Value (%)	Per 100 g
Calories	10 calories		200 calories
Total Fat	0 g	0	5 g
Saturated Fat	0 g	0	1.50 g
Trans Fat	0 g		0 g
Cholesterol	0 mg	0	0 mg
Sodium	800 mg	35	13320 mg
Carbohydrate	2 g	0	31 g
Dietary Fiber	0 g	0	0 g
Total Sugars	< 1 g		15 g
Includes Added Sugars	< 1 g		
Protein	0 g		17 g
Vitamin D	0 mcg	0	0.14 IU
Calcium	0 mg	0	22 mg
Iron	0 mg	0	1 mg
Potassium	0 mg		3 mg
Polyunsaturated Fat	0 g		1 g
Monounsaturated Fat	0 g		2 g

% daily values are based on a 2000 calorie diet