# Blue Grass Deliciously Lean Sliced Quarter Ham

**Water Added**

**97% Fat Free**

**Sliced Convenience**

**No MSG**

**Gluten Free**

## Blue Grass Deliciously Lean Sliced 1/4 Ham

**This top quality extra lean, whole muscle Ham has a nice firm texture. 97% Fat Free. Very convenient 1/4 size is easy to slice.**

CURED WITH: WATER, CONTAINS 2% OR LESS POTASSIUM LACTATE, SALT, DEXTROSE, POTASIUM CHLORIDE, CORN SYRUP, SODIUM PHOSPHATE, SODIUM DIACETATE, SODIUM ERYTHORBATE, SODIUM NITRITE.

## Nutrition Facts

| | |
|---|---|
| Serving Size 2 oz. | (56g) |
| Servings Per Container Varied | |
| **Amount Per Serving** | |
| **Calories** 50 | Calories from Fat 5 |
| **% Daily Value*** | |
| **Total Fat** 1g | **1%** |
| Sat. Fat 0g | **1%** |
| Trans Fat 0g | |
| **Cholesterol** 25mg | **9%** |
| **Sodium** 380mg | **16%** |
| **Total Carbohydrate** 2g | **1%** |
| Dietary Fiber 0g | **0%** |
| Sugars 1g | |
| **Protein** 8g | |
| Vitamin A 0% | Vitamin C 0% |
| Calcium 0% | Iron 2% |

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