

# DLM Ham

## Nutritional Information



Delicious all-natural ham of the purest quality using only whole muscle meat from duBreton. Locally packed for us at Usinger's.

### Deluxe Cooked

**INGREDIENTS:** PORK HAMS, WATER, SEA SALT, TURBINADO SUGAR, HONEY, CELERY POWDER, CHERRY POWDER.

Nutrition Facts	
Serving Size 2 oz (56g)	
Servings Per Container 4	
Amount Per Serving	
<b>Calories 70</b>	Calories from Fat 25
% Daily Value*	
<b>Total Fat 2.5g</b>	<b>4%</b>
<b>Saturated Fat 1g</b>	<b>5%</b>
<b>Trans Fat 0g</b>	
<b>Cholesterol 35mg</b>	<b>12%</b>
<b>Sodium 410mg</b>	<b>17%</b>
<b>Total Carbohydrate 1g</b>	<b>0%</b>
Dietary Fiber 0g	0%
Sugars 1g	
<b>Protein 11g</b>	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 4%
*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
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

### Maple Glazed Smoked

**INGREDIENTS:** PORK HAMS, WATER, SEA SALT, TURBINADO SUGAR, HONEY, MAPLE SUGAR, CELERY POWDER.

**GLAZED WITH:** MAPLE SUGAR, TURBINADO SUGAR, SPICES

Nutrition Facts	
Serving Size 2 oz (56g)	
Servings Per Container 4	
Amount Per Serving	
<b>Calories 70</b>	Calories from Fat 25
% Daily Value*	
<b>Total Fat 2.5g</b>	<b>4%</b>
<b>Saturated Fat 1g</b>	<b>5%</b>
<b>Trans Fat 0g</b>	
<b>Cholesterol 35mg</b>	<b>12%</b>
<b>Sodium 410mg</b>	<b>17%</b>
<b>Total Carbohydrate 1g</b>	<b>0%</b>
Dietary Fiber 0g	0%
Sugars 1g	
<b>Protein 11g</b>	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 4%
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	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

### Smoked

**INGREDIENTS:** PORK HAMS, WATER, SEA SALT, TURBINADO SUGAR, CELERY POWDER.

Nutrition Facts	
Serving Size 2 oz (56g)	
Servings Per Container 4	
Amount Per Serving	
<b>Calories 70</b>	Calories from Fat 25
% Daily Value*	
<b>Total Fat 2.5g</b>	<b>4%</b>
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Fat 9 • Carbohydrate 4 • Protein 4	