



Baked Ham with Pineapple Sauce

Nutrition Facts

Serving Size 1/4 Ham & Sauce (235 grams)
Servings Per Container 4

Amount Per Serving

Calories 310 **Calories from Fat** 40

% Daily Value*

Total Fat 4.5g **7%**

 Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 50mg **17%**

Sodium 740mg **31%**

Total Carbohydrate 51g **17%**

 Dietary Fiber 3g **11%**

 Sugars 41g

Protein 20g

Vitamin A 0% • Vitamin C 10%

Calcium 4% • Iron 15%

* 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
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