



Ham Wrapped Asparagus with Balsamic Glaze

Nutrition Facts			
Serving Size 1 Bundle (156 grams)			
Servings Per Container 4			
Amount Per Serving			
Calories 120		Calories from Fat 20	
% Daily Value*			
Total Fat 2g			3%
Saturated Fat 0.5g			3%
Trans Fat 0g			
Cholesterol 25mg			8%
Sodium 380mg			16%
Total Carbohydrate 13g			4%
Dietary Fiber less than 1g			3%
Sugars 11g			
Protein 10g			
Vitamin A 6%		Vitamin C 4%	
Calcium 2%		Iron 10%	
* 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