

Atlantic Pork and Provision, Inc.

Product Specification Sheet

Est. 4336

Product Name:	Virginia Brand Ham
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Nutrition Information			
Serving Size		2 oz. (56g)	
Servings per container		Varied	
Amount Per Serving			
Calories		60	
Calories from Fat		10	
	Amount	% Daily Value	
Total Fat	1 g	2%	
Saturated Fat	0 g	0%	
Trans Fat	0 g		
Cholesterol	20 mg	7%	
Sodium	540 mg	22%	
Total Carbohydrate	2 g	1%	
Dietary Fiber	0 g		
Sugars	2 g		
Protein	9 g		
Vitamin A	0%	Vitamin C	0%
Calcium	0%	Iron	2%
* Percent Daily Values are based on a 2,000 calorie diet,			