



**zaycon**  
**FRESH**



## Nutrition Facts

Serving Size 3oz (84g)

Amount Per Serving

**Calories** 90

Calories from Fat 35

% Daily Values\*

**Total Fat** 4g **6%**

Saturated Fat 2g **10%**

Trans Fat 0g

**Cholesterol** 35mg **12%**

**Sodium** 950mg **40%**

**Total Carbohydrate** 2g **1%**

Dietary Fiber 0g **0%**

Sugars 3g

**Protein** 11g **22%**

Iron 2%

\*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	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

## Old Fashioned Ham

This ham was made from fresh outside muscles only, for excellent flavor and texture, slow-smoked with real apple wood to give the ham a unique true smoked flavor. With less than 10g of fat per 100g, the USDA has approved this ham as LEAN. With this special cure there is no MSG; this ham is completely bone-less, meaning higher yields and easily carved from end to end.

The Ham is packaged by the case, this includes two 10 pound hams that are individually vacuum sealed and have guaranteed freshness up to 30 days.

## Ingredients

Cured with water, dextrose, contains 2% or less of salt, Sodium phosphates, potassium acetate, potassium lactate, sodium diacetate, sodium erythorbate, sodium nitrite.

•Gluten and MSG free.

## Cooking

### Oven

Heat oven to 325°F. Place ham in baking dish with 1/2 cup water. Cover with aluminum foil. Bake at 325°F for approximately 20 to 30 minutes per pound until warm.

### Serve Ham Now or Glaze:

Remove foil from ham. Brush or spoon desired glaze over ham. Bake, uncovered, at 325°F for 10 additional minutes.

## Shipping and Storage

- Refrigerate at or below 40F.
- See "Use By" date on package. Use or freeze within 5 to 7 days of opening package.