

Bone-In Hams

	Serving Size	Calories	Protein	Fat	Saturated Fat	Trans Fat	Carbohydrates	Sodium	Cholesterol	Salt
Glazed	3 oz.	190	17 g	11 g	4 g	0 g	4 g	860 mg	47 mg	2 g
All Glaze and Visible Signs of Fat Removed	3 oz.	159	17 g	3 g	1 g	0 g	4 g	855 mg	47 mg	2 g

Source: Meat Industry Laboratories Inc. USDA Certified Laboratory Code No. 1777

Allergen Statement:

Our hams and turkeys are gluten and allergen free. However, there is a trace amount of wheat starch in the spice that is applied to our glaze. We have changed our spice recipe to remove this allergen. However, not all locations have the new formula. Please contact your local store to determine if they have the allergen free spice. While we cannot sell our hams and turkeys without the glaze, it can be trimmed and the bottom portion of the meat does not get glazed. For other allergen information, please check the packaging labels in-store to determine if those products meet your dietary requirements.