

## Ham Base 5564

### NUTRITION FACTS

Serving Size: About 1 tbsp. (7.1g)

(8 fl. oz. as prepared)

Servings per Container: 511

Amount Per Serving	
<b>Calories 20</b>	Calories from Fat 10
	<b>%Daily Value*</b>
<b>Total Fat 1.0g</b>	2%
Saturated Fat 0.5g	2%
<b>Sodium 1220mg</b>	51%
<b>Total Carbohydrates 2g</b>	1%
Sugars 1g	
<b>Protein 1g</b>	

Not a significant source of cholesterol, dietary fiber, vitamin A, vitamin C, calcium, iron.

\*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

\*\*This table displays the values recommended for an individual's daily intake. They are used to determine the %daily values of the nutrients.

Date: October 1996