

Salad, Ham

Nutrition Facts

Serving Size: Each

Amount Per Serving

Calories: 104

Calories from Fat: 32

Total Fat:	3.5g
Saturated Fat:	1.0g
Trans Fat:	0.00
Cholesterol:	25mg
Sodium:	421mg
Total Carbohydrate:	6.6g
Dietary Fiber:	3.0g
Protein:	11.7g

Vitamin A: 12,281RE Vitamin C: 5.6mg Calcium: 46.5mg Iron: 1.7mg

The accuracy of the information shown above is based on data obtained from food manufacturers, food distributors, product packaging, and the USDA Child Nutrition database. Ingredients and menu items are subject to change or substitution. Please consult your own physician or medical professional for assistance with your specific medical or dietary situation.

Ingredients

Lettuce, Romaine (mfg label): ROMAINE LETTUCE [903212]

Turkey Ham, Jenni-O Pre-Sliced 2568-21 (mfg label): TURKEY THIGH MEAT WITH A PORTION OF GROUND TURKEY THIGH TRIM ADDED, SUGAR, VINEGAR, CONTAINS 2% OR LESS SALT, NATURAL FLAVOR (CELERY JUICE POWDER), BAKING SODA, NATURAL SMOKE FLAVOR. [903460]

