

Ham & Beans

Net Contents: 28 ozs. (793.78 gms.)

Serving Size:

1 cup (227 g)

Servings Per Container:

About 3

Amount Per Serving

Calories

140

Calories from Fat

10

% Daily Value*

Total Fat

1 g

2%

Saturated Fat

0 g

0%

Trans Fat

0 g

Cholesterol

10 mg

3%

Sodium

400 mg

17%

Total Carbohydrate

20 g

7%

Dietary Fiber

5 g

18%

Sugars

3 g

Protein

12 g

Vitamin A

0%

Vitamin C

2%

Calcium

4%

Iron

10%

Ingredients: Navy Beans, Ham (Cured With Water, Salt, Sodium Phosphate, Sodium Ascorbate, Sodium Nitrite) and Salt.

Fully Cooked/Heat and Serve

Refrigerate after opening.