

Ham

Component: Meat/Meat Alt

Recipe #

Notes:
Nutrient information from Food Processor

Marketing Guide for Selected Items		
Food as Purchased for	50 Servings	100 Servings

Serving: 2 oz cooked meat	Yield:	Volume:
1-2 years: ½ serving	50 Servings:	50 Servings:
3-5 years: ¾ serving		
6-18 years: 1 serving	100 Servings:	100 Servings:

Nutrients Per Serving			
Calories	84.48 kcal	Saturated Fat	0.96 g
Protein	10.68 g	Cholesterol	41.39 mg
Carbohydrate	0.0 g	Vitamin A	0 RAE mcg
Total Fat	4.32 g	Vitamin C	13.21 mg
		Iron	0.48 mg
		Calcium	3.40 mg
		Sodium	654.87 mg
		Dietary Fiber (2016)	0 g