

HAM, TURKEY COOKED FROZEN SLICED .5 OZ EXTRA LEAN

Nutritional Facts

Serving Size: 57 gr (57gr)

Servings Per Container 94

Amount per Serving

Calories: 70

**Calories from
Fat: 25**

% Daily Value *

Total Fat: 3g 5%

Saturated Fat: 1g 5%

Trans Fat: 0g

Cholesterol: 40mg 13%

Sodium: 360mg 15%

Total Carbohydrate: 0g 0%

Dietary Fiber: 0g 0%

Sugars: 0g

Protein 10g

Vitamin A: 0%

Vitamin C: 2%

Calcium: 0%

Iron: 4%

* 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	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Ingredients:

TURKEY THIGH MEAT, WATER, CONTAINS 2% OR LESS LITE SALT (POTASSIUM CHLORIDE, SODIUM CHLORIDE), SUGAR, SODIUM PHOSPHATE, SALT, CARRAGEENAN, SODIUM ERYTHORBATE, NATURAL SMOKE FLAVORING, SODIUM NITRITE.

Allergens

Allergen	Does Not Contain	Contains	May Contain	No Data
Crustacean	✓			
Eggs	✓			
Fish	✓			
Gluten				✓
Milk	✓			
Peanuts	✓			
Soy	✓			
Tree Nuts	✓			
Wheat	✓			

CHEESE, AMERICAN SLICED 120 COUNT PROCESSED REF

Nutritional Facts			
Serving Size: 19 gr (19gr)			
Servings Per Container 120			
Amount per Serving			
Calories: 70			Calories from Fat: 50
			% Daily Value *
Total Fat: 6g			9%
Saturated Fat: 3.5g			18%
Trans Fat: 0g			
Cholesterol: 15mg			5%
Sodium: 320mg			13%
Total Carbohydrate: 1g			0%
Dietary Fiber: 0g			0%
Sugars: 1g			
Protein 3g			
Vitamin A:			4%
Vitamin C:			0%
Calcium:			10%
Iron:			0%
* 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	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Ingredients:

CULTURED PASTEURIZED MILK AND SKIM MILK, CREAM, WATER, MILKFAT, SALT, SODIUM CITRATE, CONTAINS LESS THAN 2% OF SODIUM PHOSPHATE, SORBIC ACID (PRESERVATIVE), LACTIC ACID, ARTIFICIAL COLOR, ENZYMES, SOY LECITHIN AND SOYBEAN OIL BLEND.

Allergens

Allergen	Does Not Contain	Contains	May Contain	No Data
Crustacean	✓			
Eggs	✓			
Fish	✓			
Gluten				✓
Milk		✓		
Peanuts	✓			
Soy		✓		
Tree Nuts	✓			
Wheat	✓			

Label Description:**Nickles Texas Toast Enriched Bread****Kosher Symbol**

Pareve

Allergens**wheat, soy****Ingredients:**

Enriched wheat flour (wheat flour, barley malt, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, high fructose corn syrup, soybean oil, contains 2% or less of each of the following: yeast, salt, dough conditioners (sodium stearoyl lactylate, monoglycerides, calcium peroxide), corn flour, spice and coloring, yeast nutrients (calcium sulfate, ammonium chloride), corn starch, calcium propionate (preservative), soy lecithin.

Nutrition facts:

Serving size: 1 slice

Wt.per serving: approx.1.3 oz.

Servings per container: 19 slices

Nutrient	Values	Unit	%DailyValue
Calories	90	kcal	
Calories From Fat	5	kcal	
Total Fat	0.5	g	1%
Saturated Fat	0	g	0%
Trans Fat	0	g	
Polyunsaturated Fat	0	g	
Monounsaturated Fat	0	g	
Cholesterol	0	mg	
Sodium	210	mg	9%
Total Carbohydrate	18	g	6%

Dietary Fiber	less than 1	g	2%
Sugars	less than 1	g	
Protein	3	g	
Vitamin A			0%
Vitamin C			0%
Calcium			0%
Iron			6%
Thiamin			10%
Riboflavin			8%
Niacin			6%
Folate			10%