



SMOKED CHICKEN HAM

Cooking Instructions:

Defrost fully before use. To thaw, place the pack in the refrigerator compartment until soft. For quick defrosting hold the pack under running water or fully submerge the pack in cold water.

Nutrition facts :

Nutritional Information	Per 100g	% RDA *Per Serving
Energy (Kcal)	187.38	9.37
Protein g	14.14	28.28
Total Carbohydrate g	4.76	1.73
Total Sugars g	0.71	
Added Sugars g	<0.5	<0.5
Dietary fiber	0.69	
Total Fat g	12.42	18.54
Saturated Fat g	4.42	20.09
Trans Fat g	0.06	3.00
Cholesterol mg	26.98	8.99
Sodium mg	573.11	

Allergen Information

Contains Soya

Ingredients Used

Chicken meat (77%), water, iodized salt, isolated soya protein, spices and condiments, emulsifier (INS 450, INS 451), stabilizer (INS 452), antioxidant (INS300), preservative (INS 250)

