



SMOKED PORK HAM

Cooking Instructions:

Defrost fully before use. To thaw, place the pack in the refrigerator compartment until soft. For quick defrosting hold pack under running water or fully submerge the pack in cold water. Grill or fry with a little oil until golden brown.

Nutrition facts :

Nutritional information			
About 2 serving per pack (For 200g Packs)			
About 4 serving per pack (For 400g Packs)			
About 10 serving per pack (For 1kg Packs)			
*Serve Size 100g			
Nutritional Information	Per 100g	% RDA *Per Serving	
Energy (Kcal)	105.56	5.28	
Protein g	14.76	29.52	
Total Carbohydrate g	1.82	0.66	
Total Sugars g	<0.5	<0.5	
Added Sugars g	<0.5	<0.5	
Dietary fiber	0.66		
Total Fat g	4.36	6.51	
Saturated Fat g	1.42	6.45	
Trans Fat g	0.08	4.00	
Cholesterol mg	20.96	6.99	
Sodium mg	926.84		

Ingredients Used

Pork (88%), water, iodised salt, emulsifier (INS451, INS452), sugar, antioxidant (INS300), preservative (INS250)

