

BF - Pureed Ham

## Nutrition Facts

Serving Size 1/3 cup (77g)

Serving Per Container about 6

---

Amount Per Serving

**Calories** 70      Calories from Fat 20

---

% Daily Value \*

**Total Fat** 2.5g      **4%**

Saturated Fat 1g      **4%**

Trans Fat 0g

**Cholesterol** 30mg      **9%**

**Sodium** 210mg      **9%**

**Total Carbohydrate** 0g      **0%**

Dietary Fiber 0g      **0%**

Sugars 0g

**Protein** 11g

---

Vitamin A 0%      Vitamin C 0%

Calcium 0%      Iron 6%

---

\*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Value may be higher or lower depending on your calorie needs.