

Nutrition Facts

Serving Size: 2 oz (57g)
Serving Per Container: 8

Amount Per Serving : Beef Sausage

Calories: 165 Cal from Fat: 130
% Daily Value*

Total Fat	15g	23%
Saturated Fat	6g	30%
Trans Fat	0g	0%
Cholesterol	30mg	13%
Sodium	375mg	16%
Total Carb	Less than 1g	0%
Sugars	0g	
Dietary Fiber	0g	0%

Protein 7g

Vitamin A 0% • Vitamin C 0%
Calcium 1% • Iron 5%

*Percent Daily Values are based on a 2,000 calorie diet.

Nutrition Facts

Serving Size: 2 oz (56g)
Serving Per Container: 5

Amount Per Serving: JC Sticks

Calories: 100 Cal from Fat: 70
% Daily Value*

Total Fat	8g	12%
Saturated Fat	3g	15%
Trans Fat	0g	0%
Cholesterol	45mg	15%
Sodium	360mg	16%
Total Carb	2g	1%
Sugars	1g	
Dietary Fiber	0g	0%

Protein 9g

Vitamin A 4% • Vitamin C 2%
Calcium 4% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet.

Nutrition Facts

Serving Size: 3 oz (84g)
Serving Per Container: Varied

Amount Per Serving: Pork Tender

Calories: 180 Cal from Fat: 80
% Daily Value*

Total Fat	9g	14%
Saturated Fat	3.5g	17%
Trans Fat	0g	0%
Cholesterol	60mg	21%
Sodium	850mg	35%
Total Carb	0g	0%
Sugars	0g	
Dietary Fiber	0g	0%

Protein 23g

Vitamin A 0% • Vitamin C 0%
Calcium 0% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet.

Nutrition Facts

Serving Size: 2 oz
Serving Per Container: 8

Sliced Ham

Calories: 80 Cal from Fat: 30
% Daily Value*

Total Fat	3.5g	5%
Saturated Fat	1g	6%
Cholesterol	40mg	10%
Sodium	400mg	10%
Total Carb	0g	0%
Protein	11g	

Not a significant source of dietary fiber, sugar, vitamin A and C, calcium and iron.
*Percent Daily Values are based on a 2000calorie diet.

Nutrition Facts

Serving Size: 2 oz (56g)
Serving Per Container: 8

Amount Per Serving: Summer Sau

Calories: 140 Cal from Fat: 90
% Daily Value*

Total Fat	10g	16%
Saturated Fat	3.5g	18%
Trans Fat	0g	0%
Cholesterol	60mg	21%
Sodium	540mg	22%
Total Carb	1g	1%
Sugars	0g	
Dietary Fiber	0g	0%

Protein 9g

Vitamin A 0% • Vitamin C 0%
Calcium 2% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet.