

FULLY COOKED, READY TO EAT—COLD OR HOT. Slice and heat as suggested: TO FRY: Fry slices in skillet until golden brown on both edges. TO BAKE: Place slices on baking pan. Bake at 425°F for 10 minutes. TO MICROWAVE: Place slices on microwavable-safe plate. Heat on HIGH for 1 1/2–2 minutes or until hot. TO BROIL OR GRILL: Place slices on broiler pan or on a grill. Broil or grill 2 minutes on each side until golden brown.



Nutrition Facts

Serving Size 2 oz
 Servings 6
Calories 180
 Calories from Fat 140
 *Percent Daily Values (DV) are based on a 2,000 calorie diet.

Amount/serving	%DV*	Amount/serving	%DV*
Total Fat 16g	25%	Total Carb. 1g	0%
Sat. Fat 6g	30%	Dietary Fiber 0g	0%
Cholest. 40mg	13%	Sugars 0g	
Sodium 580mg	24%	Protein 7g	
Vitamin A 0% • Vitamin C 30% • Calcium 0% • Iron 2%			

INGREDIENTS: PORK WITH HAM, MECHANICALLY SEPARATED CHICKEN, WATER, SALT, MODIFIED POTATO STARCH, SUGAR, SODIUM PHOSPHATES, POTASSIUM CHLORIDE, SODIUM ASCORBATE, SODIUM NITRITE
 SODIUM CONTENT HAS BEEN LOWERED FROM 790mg to 580mg PER SERVING.



FULLY COOKED, READY TO EAT—COLD OR HOT. Slice and heat as suggested: TO FRY: Fry slices in skillet until golden brown on both edges. TO BAKE: Place slices on baking pan. Bake at 425°F for 10 minutes. TO MICROWAVE: Place slices on microwavable-safe plate. Heat on HIGH for 1 1/2–2 minutes or until hot. TO BROIL OR GRILL: Place slices on broiler pan or on a grill. Broil or grill 2 minutes on each side until golden brown.



Nutrition Facts

Serving Size 2 oz
 Servings 6
Calories 180
 Calories from Fat 140
 *Percent Daily Values (DV) are based on a 2,000 calorie diet.

Amount/serving	%DV*	Amount/serving	%DV*
Total Fat 16g	25%	Total Carb. 1g	0%
Sat. Fat 6g	30%	Dietary Fiber 0g	0%
Cholest. 40mg	13%	Sugars 0g	
Sodium 580mg	24%	Protein 7g	
Vitamin A 0% • Vitamin C 30% • Calcium 0% • Iron 2%			

INGREDIENTS: PORK WITH HAM, MECHANICALLY SEPARATED CHICKEN, WATER, SALT, MODIFIED POTATO STARCH, SUGAR, SODIUM PHOSPHATES, POTASSIUM CHLORIDE, SODIUM ASCORBATE, SODIUM NITRITE
 SODIUM CONTENT HAS BEEN LOWERED FROM 790mg to 580mg PER SERVING.



Sheet Size: 14x8.5-inches – Trim Size: 11x2.75-inches – Fits SPAM can