

LOGAN FARMS
Honey  *Hams*
& MARKET CAFE

**Nutritional Information for
Logan Farms Honey Glazed Ham
Serving.....3 oz.**

Protein	16/gm
Fat	9/gm
Calcium	9.3/mg
Calories	150
Carbohydrates	1/gm
Iron	2.7/mg
Monosodium Glutamate	0/mg
Niacin	3.9/mg
Sodium	783/mg
Vitamin A	0/iu
Vitamin B-1	0.5/mg
Vitamin B-2	0.2/mg
Vitamin C	0/mg

Honey Glazed Turkey Breast

Protein	18/gm
Fat	3/gm
Calories	105
Carbohydrates	Less than 1 gm
Sodium	570/mg