

Café Puree Ham

Nutrients	Per Serving	Per 100g	Nutrients	Per Serving	Per 100g
Basic Components			Biotin (mcg)	--	--
Calories (kcal)	300.00	352.94	Vitamin C (mg)	0	0
Calories from Fat (kcal)	180.00	211.76	Vitamin D - IU (IU)	0	0
Calories from SatFat (kcal)	54.00	63.53	Vitamin D - mcg (mcg)	0	0
Protein (g)	21.00	24.71	Vitamin E - A lpha-Toco (mg)	0	0
Carbohydrates (g)	6.00	7.06	Folate (mcg)	19.99	23.51
Dietary Fiber (g)	0.02	0.02	Folate, DFE (mcg)	10.00	11.76
Soluble Fiber (g)		0 0.00	Vitamin K (mcg)		0
Total Sugars (g)		4 4.71	Pantothenic Acid (m g)	0.90	1.06
Monosaccharides (g)		0 0.00	Minerals		
Disaccharides (g)		0 0.00	Calcium (mg)	23.11	27.18
Other Carbs (g)	4.94	5.81	Chromium (mcg)	0.00	0.00
Fat (g)	20.00	23.53	Copper (mg)	0.32	0.38
Saturated Fat (g)	6.00	7.06	Fluoride (mg)	0.00	0.00
Mono Fat (g)	10.17	11.96	Iodine (mcg)		--
Poly Fat (g)	3.00	3.53	Iron (mg)	2.57	3.02
Tr ans Fatty Acid (g)	0.07	0.08	Magnesium (mg)	1.24	1.46
Cholesterol (mg)	35.00	41.18	Manganese (mg)	0.00	0.00
Water (g)	5.52	6.49	Molybdenum (mcg)		--
Vitamins			Phosphorus (mg)	200-200	235- 235
Vitamin A - IU (IU)	186.12	218.84	Potassium (mg)		
Vitamin A - RE (RE)	55.88	65.70	Selenium (mcg)	0.00	0.00
Vitamin A - RAE (RAE)	55.88	65.70	Sodium (mg)	660.00	776.00
Vitamin A - Carotenoid RE (RE)		0	Zinc (mg)	6.02	7.08
Vitamin A - Retinol RE (RE)	55.88	65.70	Other Fats		
Beta-Carotene (mcg)		0	Omega 3 Fatty A cid (g)		0
Vitamin B1 - Thiamin (mg)	0.26	0.31	Omega 6 Fatty A cid (g)		0
Vitamin B2 - Riboflavin (mg)	0.10	0.12	Other Nutrients		
Vitamin B3 - Niacin (mg)	3.63	4.26	Gram Weight (g)	85.05	100.00
Niacin Equivalents (mg)	5.44	6.40	Alcohol (g)		0
Vitamin B6 (mg)	0.26	0.31	Caffeine (mg)		0
Vitamin B12 (mcg)	1.00	1.18	Choline (mg)		15
					18