

Bumble Bee Ham Salad

Nutrition Facts

1 servings per container

Serving size 1 can (82g)

Amount Per Serving

Calories 140

% Daily Value*

Total Fat 9g 12%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 25mg 8%

Sodium 550mg 24%

Total Carbohydrate 7g 3%

Dietary Fiber >1g 2%

Total Sugars 4g

Includes 4g Added Sugars 8%

Protein 7g 14%

Vitamin D 0%

Calcium 2%

Iron 2%

Potassium 4%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.