

La Quercia Prosciutto Americano

05/01/2006

Nutrition Facts

Serving Size 1 oz (28g)

Servings Per Container 3

Amount Per Serving

Calories 70 Calories from Fat 30

% Daily Value*

Total Fat 3g **5%**

Saturated Fat 1g **6%**

Trans Fat 0g

Cholesterol 10mg **4%**

Sodium 570mg **24%**

Total Carbohydrate 0g **0%**

Dietary Fiber 0g **0%**

Sugars 0g

Protein 9g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4