



OSCAR MAYER, Ham (water added, baked cooked 96% fat free)

TOTAL 10.6 6

Macronutrient profile [gr. of nutrient per 100 gr. food]



- Proteins
Water
Sugars
Fibre
Alcohol
Lipids
Other

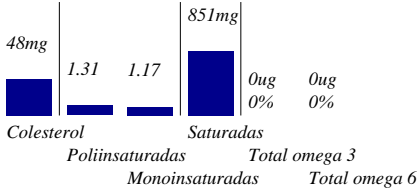
FIBER 0 0

Energy [kcal per 100 gr. food]

104

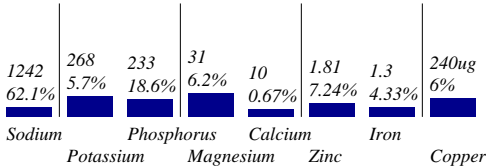
kCALs 4.5 4 29.3

Main lipids profile [gr of lipid per 100 gr. food]



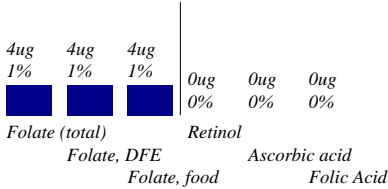
EFA 0

Mineral and oligoelements profile [mg of mineral per 100 gr. food]



MINER. 13.9

Vitamin profile [mg of vitamin per 100 gr. food]



VITAM. 0.5

Phytochemicals profile [mg of nutrient per 100 gr. food]

0ug 0ug 0ug 0ug 0ug 0ug 0ug
Lutein+zeaxanthin Caroten, alfa Theobromine
Cryptoxanthin, beta Caroten, beta
Lycopene Caffeine