



# Cooked Pork Ham

FOOD.BRAND

FOOD.CATEGORY

Cooked Pork Ham

## Nutrients

<b>CALORIES</b>	233 kcal (per 100g)
<b>PROTEIN</b>	16.4g (per 100g)
<b>FAT</b>	18.3g (per 100g)
<b>CARBOHYDRATES</b>	1.0g (per 100g)
<b>FIBER</b>	0.0g (per 100g)

David Janitzek Diets  
 Premium  
 Krumbacher Straße 26  
 86424 Dinkelscherben,  
 Germany  
 VAT ID: DE453108867

**Detailed Nutrient List**  
 Contact:  
 Email: support@dietspremium.com  
 Tel.: +49 1520 744 5675

Web:  
 dietspremium.com

Bank Details  
 Bank: Deutsche Bank  
 IBAN: DE26 7207 0024 0064 1910 00  
 SWIFT (BIC): DEUTDE33



<b>IRON</b>	1 mg
<b>ZINC</b>	1.63 mg
<b>SODIUM</b>	857 mg
<b>COPPER</b>	0.04 mg
<b>VITAMIN B3 (NIACIN)</b>	4.58 mg
<b>PROTEIN</b>	16.4 g
<b>CALCIUM</b>	6 mg
<b>SUCROSE</b>	0.7 g
<b>VITAMIN B1 (THIAMIN)</b>	0.619 mg
<b>MAGNESIUM</b>	19 mg
<b>POTASSIUM</b>	319 mg
<b>MANGANESE</b>	0.02 mg
<b>VITAMIN E</b>	0.26 mg
<b>VITAMIN D</b>	0.54 µg
<b>PHOSPHORUS</b>	187 mg
<b>VITAMIN B6 (PYRIDOXINE)</b>	0.34 mg
<b>VITAMIN B2 (RIBOFLAVIN)</b>	0.218 mg
<b>VITAMIN B12 (COBALAMIN)</b>	0.48 µg
<b>CHOLESTEROL</b>	51 mg
<b>CARBOHYDRATE</b>	1 g
<b>FATTY SATURATED</b>	6.38 g
<b>FATTY MONOUNSATURATED</b>	9.2 g
<b>FATTY POLYUNSATURATED</b>	1.27 g

David Janitzek Diets  
 Premium **WATER**  
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 SWIFT (BIC): DEUTDEDB720  
 2.14 g



<b>FIBER</b>	0 g
<b>SELENIUM</b>	25 µg
<b>VITAMIN K</b>	0 µg
<b>VITAMIN B9 (FOLATE)</b>	2 µg
<b>CHLORINE</b>	120 mg
<b>OMEGA 3</b>	0.05 g
<b>OMEGA 6</b>	1.1 g
<b>FATTY TRANS</b>	0.05 g
<b>ASH</b>	1.8 g
<b>SUGAR</b>	1 g
<b>PROTEIN ANIMAL</b>	16.4 g

*pdf.export.disclaimer*

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