



Sliced Gammon Ham (10/12 Slices) 500g

Product Images



Additional Information

Brand

Wessex Country Gammons

Storage

Temperature

Chilled

Ingredients

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Pork Leg, Salt, Emulsifiers: E451(I) & E450, Sugar, Preservatives: E250 & E251, Antioxidant E301

Nutritional Information

Carbs per 100g (g)

0.7 g

Carbs of which Sugars per 100g (g)

0.1 g

Fat per 100g (g)

4.9 g

Energy per 100g (kcal)

142 kcal

Energy per 100g (kJ)

595 kJ

Protein per 100g (g)

22 g

Salt per 100g (g)

2.5 g

While every care has been taken to ensure this information is correct, food products are constantly being reformulated and nutrition content may change. We would therefore recommend that you do not rely solely on this information and always check product labels. This does not affect your statutory rights. We do not accept liability for any inaccuracies or incorrect information contained on this site.