



Verdancia Farms™

Quality Meat Products

Sliced Bacon

**0.5 grams of Omega-3
Fatty Acids per serving**

Naturally Smoked • Keep Refrigerated



Prepared for: Verdancia Farms,
Trademark of Prairie Orchard Farms Inc.
Winnipeg, Manitoba R2J 3K4 Canada

Ingredients: Pork, Water, Salt, Sugar, Sodium Phosphate, Sodium Erythorbate, Sodium Nitrite

www.verdanciafarms.com

Nutrition Facts

Serving Size: 2 Raw Slices (1.6oz/45g)

Servings per container: varied

Amount Per Serving

Calories 230 **Calories from Fat** 180

% Daily Value**

Total Fat 23g **36%**

Saturated Fat 9g **45%**

Trans Fat 0g

Polyunsaturated Fat 2.5g

Monounsaturated Fat 11g

Cholesterol 30mg **10%**

Sodium 580mg **25%**

Total Carbohydrate 1g **0%**

Dietary Fiber 0g **0%**

Sugars 1g

Protein 4g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 2%

** Percent Daily Values are based on a 2,000 calorie diet.



Verdancia Farms™

Quality Meat Products



Fully Cooked, Hickory Smoked

Ham

Water Added

(Skinless, Bone-In)

**0.4 grams of Omega-3
Fatty Acids per serving**

Keep Refrigerated



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Ingredients: Pork, Water, Salt, Sodium Phosphate,
Sodium Erythorbate, Sodium Nitrite

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Nutrition Facts

Serving Size 4.0 oz (112g)

Servings per container: varied

Amount Per Serving (112g)

Calories 260 Calories from Fat 180

% Daily Value**

Total Fat 20g **31%**

Saturated Fat 8g **40%**

Trans Fat 0g

Polyunsaturated Fat 2.0g

Monounsaturated Fat 10g

Cholesterol 50mg **17%**

Sodium 860mg **37%**

Total Carbohydrate 0g **0%**

Dietary Fiber 0g **0%**

Sugars 0mg **0%**

Protein 19g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 5%

** Percent Daily Values are based on a 2,000 calorie diet.