



HAM WITH SEEDS

Pork ham sprinkled with pumpkin and sunflower seeds, characterized by a high meat content (86%). It is made with exceptional attention to quality and delicious taste that will appeal to all family members. It is an excellent source of culinary inspiration: it will be a perfect addition to everyday sandwiches, an ingredient of salads and stuffed rolls, and an element of a cold plate served at a home party.

NUTRITIONAL VALUE PER 100 G OF PRODUCT:

energy	156 kcal
fat	10 g
including saturated fatty acids	4 g
carbohydrates	<0.5 g
including sugars	<0.5 g
protein	16 g
salt	2.2 g