



A natural food company

- ✓ ALL NATURAL
- ✓ NON-GMO
- ✓ NO TRANS FAT
- ✓ HIGH IN PROTEIN

VEGAN

# Sliced Baked Ham

a meatless entrée

This unique thinly sliced “vegetarian ham” comes with a great smoked flavor. Makes a delicious main course served with scalloped potatoes or a piled high sandwich.

It’s all about balance.

Balancing the desire to eat well with the need to eat healthy. By skillfully blending flavor and texture, the chefs of Pure Vegetarian have created delicious, satisfying meatless entrées that are rich in protein, low in fat and cholesterol free.

These main courses are healthy, delicious and nutritious. They’re loved by vegetarians and non-vegetarians alike.

All Pure Vegetarian entrées are fully cooked and easy to prepare in minutes.

Nutrition Facts	
Serving Size 50g	
Servings Per Container 4	
Amount Per Serving	
<b>Calories</b> 102	Calories from Fat 54
% Daily Value*	
<b>Total Fat</b> 6g	<b>9.2%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 459mg	<b>19.2%</b>
<b>Total Carbohydrate</b> 3g	<b>1%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 1g	
<b>Protein</b> 9g	
Vitamin A	0%
Vitamin C	0%
Calcium	3%
Iron	6%

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

### Ingredients:

Soy Protein, Wheat Protein, Water, Soy Oil, Soy Sauce, Sucrose, Sea Salt, Red Malted Rice Color.

NET WT 7.05 OZ (200g)

**KEEP FROZEN • Contains Soy and Wheat • Fully Cooked. Simply Reheat.**

<p>Your Pure Vegetarian meatless entrée is pre-cooked. For best results, thaw it before you prepare it, and be careful not to overcook it.</p>	<p><b>Cooking Instructions</b></p> <table border="0" style="width: 100%;"> <tr> <td style="width: 33%; vertical-align: top;"> <p><b>Stovetop:</b> Thaw and cook on medium heat in a lightly oiled non-stick pan until gently browned. Avoid overcooking.</p> </td> <td style="width: 33%; vertical-align: top;"> <p><b>Conventional Oven:</b> Preheat the oven to 325°, then bake your thawed entrée for approximately 6 minutes. Check it periodically to avoid over-baking.</p> </td> <td style="width: 33%; vertical-align: top;"> <p><b>Microwave:</b> Place your thawed entrée on a microwave-safe plate and cook it on medium for 45 to 60 seconds. Keep an eye on it so you don't overcook it.</p> </td> </tr> </table>	<p><b>Stovetop:</b> Thaw and cook on medium heat in a lightly oiled non-stick pan until gently browned. Avoid overcooking.</p>	<p><b>Conventional Oven:</b> Preheat the oven to 325°, then bake your thawed entrée for approximately 6 minutes. Check it periodically to avoid over-baking.</p>	<p><b>Microwave:</b> Place your thawed entrée on a microwave-safe plate and cook it on medium for 45 to 60 seconds. Keep an eye on it so you don't overcook it.</p>	
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