

# Ham Filling

**Allergens – Milk**

## Ingredients

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Quantity	Ingredient
800g	Honey Roast Ham (sliced)
10g	<b>Margarine</b>

## Method

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1. Portion and prepare accordingly.

## Nutritional Content per 100g

Energy (kcal)	Fat (g)	Saturated Fats (g)	Sugar (g)	Salt (mg)	Carbs (g)
= 117	= 2.8	= 1.0	= 0.1	= 1.7	= 0.1

**Portion size - Primary – 40g**