

Nutrition Facts of Canadian Bacon and Ham

| <i>Canadian Bacon</i> | <i>Ham</i> |
|-----------------------|---------------------|
| 33.6 calories | 32.8 calories |
| 15.4 mg cholesterol | 14.8 mg cholesterol |
| 6.51 g protein | 5.04 g protein |
| 1.61 mg calcium | 2.52 mg calcium |
| 0.639 g fat | 1.23 g fat |
| 228 mg sodium | 333 mg sodium |
| 0.414 g carbohydrate | 0.44 g carbohydrate |
| 0.129 mg iron | 0.23 mg iron |
| 0 g fiber | 0 g fiber |
| 0.276 g sugar | 0.44 g sugar |
| 6.21 mg magnesium | 5.32 mg magnesium |
| 230 mg potassium | 88.5 mg potassium |
| 11.6 µg selenium | 9.58 µg selenium |
| 71.1 mg phosphorus | 75.6 mg phosphorus |

Canadian Bacon vs Ham Nutrition Facts

CanFoodGoBad.Com

Bacon Ham Health Report Nov2007

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Reviewing **Bacon Ham Health Report Nov2007**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is actually astonishing. Within the pages of "**Bacon Ham Health Report Nov2007**," an enthralling opus penned by a very acclaimed wordsmith, readers embark on an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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