

## **Olympia Provisions** 104778 - Landrauchschinken

A Swiss Country Smoked Ham that begins with us curing the loin (fat and skin on) in sea salt. After 18 days, we dip it in burnt sugar, and coat it with rosemary and juniper. We thensmoke it over apple wood for 12 hours to create a dreamy, buttery, smokey ham.



	<b>Nutrition Facts</b>				
Letting	Servings per Container 28 Serving size 57grams (2oz)				
	Amount per serving Calories	120			
	% Daily Value*				
		Total Fat 7g	11%		
		Saturated Fat 2.5g			
	Trans Fat 0g				
	Cholesterol 35mg				
* Benefits		Sodium 580mg	24%		
		Total Carbohydrate 1g	0%		
A Swiss Country Smoked Ham that begins with us curing the loin (fat and skin on) in sea salt. After 18 days, we dip it in burnt sugar (caramel), and coat it with rosemary and juniper. After seasoning, we smoke it over apple wood for 12 hours to create a dreamy, buttery, smokey ham. Just remove the skin, slice thinly, and you'll be transported to the Swiss Alps!		Dietary Fiber 0g	0%		
		Total Sugars 1g			
		Includes 0g Added Sugar	0%		
Ingredients	Allergens	Protein 11g			
lingredients	Allergens				
Dark calt average lass than 20%	Free From:	Vitamin D 0mcg	0%		
Pork, salt, sugar, less than 2%: water, spices, sodium nitrite		Calcium 0mg	2%		
	(Speanuts (O) eggs (Spin (I) milk (Speanuts (O) sesame (Spin soy (II) tree nuts (Spin wheat	Iron 0mg	2%		
		Potassium 0mg	0%		
		* The % Daily Value (DV) tells you how much a serving of food contributes to a daily diet. a day is used for general nutrition advice.			

## Product Specifications

Handling Suggestions	Product Specifications							
refrigerate	Brand Olympia Provisions				Manufacturer Olympia Provisions			
Serving Suggestions	UPC	MFG	#	SPC #	G	TIN	Pack	Pack Desc.
slice thin and enjoy		LAND	02 1	2 104778 108		10859953006266		2/3.5 LB
	Gross V		Net We		Country of United St		Kosher No	Child Nutrition
Prep & Cooking Suggestions								
remove skin from ham, and slice	Shipping Information							
thin so you get both fatback and loin in each slice	Length	Width	Height	Volum	e TIxHI	Shelf Life	Storag	ge Temp From/To
	12in	9in	5.5in	0.34ft	3 15x10	78days		35°F / 37°F



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Nutrition Analysis - By Measure

Calories	120	Total Fat	7g	Sodium	580mg
Protein	11	Trans Fats	Og	Calcium	0mg
Total Carbohydrates…	1g	Saturated Fat	2.5g	Iron	0mg
Sugars	1g	Added Sugars	Og	Potassium	0mg
Dietary Fiber	Og	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	35mg		
Vitamin A(IU)•		Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2•	
Monosodium		Sulphites		Nitrates	

## Additional Images

