

Hempler's 105453 - Uncured Ham Smoked

No nitrates or nitrites added and FREE of: phosphates, artificial color, chemical preservatives, allergens, gluten and MSG. Slowly cured in their own natural juices and smoked over natural hardwoods, for a rich aroma and moist, savory flavor.



	Nutrition FactsServings per Container37Serving size84gs (30z)			
		Amount per serving Calories	110	
	Visite and the second s	% Dai	ly Value*	
		Total Fat 4g	6%	
		Saturated Fat 1.5g	8%	
		Trans Fat 0g		
		Cholesterol 50mg	17%	
* Benefits		Sodium 820mg	34%	
		Total Carbohydrate 3g	1%	
Naturally cured with no nitrates or nitrites added a chemical preservatives, allergens, gluten and MSG.		Dietary Fiber 0g	0%	
Uniquely crafted in the Hempler tradition, using ou Our hams are slowly cured in their own natural juic aroma and moist, savory flavor.	Total Sugars 2g			
A truly superb eating experience.		Includes 0g Added Sugar	0%	
Ingredients	Allergens	Protein 15g		
HAM, WATER, ORGANIC HONEY,	Free From:	Vitamin D 0mcg	0%	
SEA SALT, CELERY POWDER.	() crustaceans () eggs () fish () milk	Calcium 0mg	0%	
		Iron 0.72mg	4%	
	Soy () peanuts () sesame () soy () tree nuts	Potassium 0mg	0%	
	wheat	* The % Daily Value (DV) tells you how much	a nutrient in	

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Handling Suggestions

Keep refrigerated

Serving Suggestions

Great for sandwiches, salads, pasta dishes, deli trays.

Prep & Cooking Suggestions

Great for sandwiches, salads, pasta dishes, deli trays.

Product Specifications

Brand				Manufacturer				
Hempler's				HEMPLERS FOODS GROUP LLC				
UPC	MFG #	SP(C #	GTIN		Pack	Pack Desc.	
	59160	105	453	90021834591604			3/7 LB	
Gross Weight Net Weight		ht Co	Country of Origin K		Ko	osher Child Nutrition		
22.6	5lb	21lb	ι	Jnited St	ates	No		
Shipping Information								
Length	Width	Height	Volume	TIxHI	Shelf L	ife	Storag	ge Temp From/To
15.5in	12.38in	6.43in	0.71ft3	8x6	52da	ys	35°F / 37°F	





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Nutrition Analysis - By Measure

Calories	110	Total Fat	4g	Sodium	820mg
Protein	15	Trans Fats	Og	Calcium	0mg
Total Carbohydrates…	3g	Saturated Fat	1.5g	Iron	0.72mg
Sugars	2g	Added Sugars	Og	Potassium	0mg
Dietary Fiber	Og	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	50mg		
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

