

Fud

# 139551 - Selecto Cooked Ham

Low sodium, low fat and loaded with flavor, the Selecto Cooked Ham is a healthy base for an easy-to-prepare lunch. Bulk ham can be cut to order as thin slices for sandwiches or as thicker slices for heartier dishes. Selecto Cooked Ham is 97% fat-free and is high in protein.



	Nutrition FactsServings per Container120Serving size2.00Z (202)			
COGREDATION COGREDATION Provide Anticology Cogregation		Amount per serving Calories	60	
atint. 15 (d. (6.8 kg)	THE PARTY AND A DECEMBER OF A	% Dai	ly Value*	
		Total Fat 1.5g	3%	
		Saturated Fat 0.5g	3%	
		Trans Fat 0g		
		Cholesterol 20mg	7%	
<b>★</b> Benefits		Sodium 690mg	29%	
		Total Carbohydrate 3g	1%	
Sigma is leading global food comp and expanding,	Dietary Fiber 0g	0%		
and expanding,	Total Sugars 1g			
		Includes 0g Added Sugar	0%	
Ingredients	🛕 Allergens	Protein 9g		
		Vitamin D 0mcg	0%	
Water, Salt Sugar, Dextrose,	Free From:	Calcium 0mg	0%	
Sodium Phosphates, Potassium Lactate, Potassium Lactate,	crustaceans () eggs () fish () milk	Iron Omg	2%	
Potassium Acetate, Sodium	Speanuts 🛞 sesame 🛞 soy 💮 tree nuts	Potassium 0mg	0%	
Diacetate, Sodium Bicarbonate Maltodextrin, Sodium Erythorbate , Sodium Nitrite, Flavorings	() wheat	* The % Daily Value (DV) tells you how much a serving of food contributes to a daily diet. 2 a day is used for general nutrition advice.		

### Handling Suggestions

Keep Refrigerated UNIT UPC: 645230000057

### Serving Suggestions

Create a tangy tortas de jamn, a traditional Mexican ham sandwich with refried beans, avocado and lettuce, served on a telera roll. Add fresh cheese for a tortas de jamn y queso.

# Prep & Cooking Suggestions

Ham is not just for lunch. Try it as breakfast meat in an omelet or rancheros eggs a medley of thickly cut cubed ham, potatoes, refried beans and eggs, sandwiched between corn tortillas. Bulk ham can be cut to order as thin slices for sandwiches or as thicker slices for heartier dishes.

# Product Specifications

Brand				Manufacturer						
Fud				Sigma Foods						
UP	С	MFG #	S	PC #		GTIN		Pack		Pack Desc.
6452300	00057	700004	13	39551	206	4523000	0004	14		2/15 LB
Gross W	/eight	Net Weight Cou		ntry of Origin Kosh		sher	ner Child Nutrition			
30.8	30.8lb 30lb			United States N		No				
	Shipping Information									
Length	Width	Height	Volu	ume	TIxHI	TIxHI Shelf Life Storage Temp I		emp From/To		
10.38in	9.19in	10.5in	0.5	8ft3	19x3	60day	ays 35°F / 37°F		7 / 37°F	





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Nutrition Analysis - By Measure

Calories	60	Total Fat	1.5g	Sodium	690mg
Protein	9	Trans Fats	Og	Calcium	0mg
Total Carbohydrates…	3g	Saturated Fat	0.5g	Iron	0mg
Sugars	1g	Added Sugars	Og	Potassium	0mg
Dietary Fiber	Og	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	20mg		
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



