



Clifty Farms

29377 - Clifty Farm Country Ham Fully Cooke

Display behind the glass in a Deli case, slice as needed.



Nutrition Facts

Servings per Container40

Serving size2.00Z (2oz)

Amount per serving

Calories242

% Daily Value*	
Total Fat	8g12%
Saturated Fat	3g15%
Trans Fat	
Cholesterol	46mg15%
Sodium	688mg30%
Total Carbohydrate	30g11%
Dietary Fiber	0g0%
Total Sugars	40g
Includes 40g Added Sugar	80%
Protein	28g
Vitamin D	0mcg0%
Calcium	0mg0%
Iron	0mg0%
Potassium	0mg0%

* 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.

* Benefits

Fully Cooked Boneless Country Ham

Ingredients

Ham, Salt, Sugar, Sodium Nitrate, Sodium Nitrite, Glaze - Brown Sugar, White Sugar, Spices, Honey Powder, Oil of Orange

Allergens

Free From:

- crustaceans
- eggs
- fish
- milk
- peanuts
- soy
- tree nuts
- wheat

Handling Suggestions

Keep refrigerated

Serving Suggestions

Sandwich meat, sliced and use as a entree protein.

Prep & Cooking Suggestions

Slice and serve

Product Specifications

Brand	Manufacturer	Product Category
Clifty Farms	Clifty Farm	Pork

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
	746	29377	90021002007463		2/5 LB

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
10.72lb	10lb	United States	No	

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15.25in	11in	4.25in	0.41ft3	10x10	300days	35°F / 37°F



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Nutrition Analysis - By Measure

Calories	242	Total Fat	8g	Sodium	688mg
Protein	28	Trans Fats		Calcium	0mg
Total Carbohydrates...	30g	Saturated Fat	3g	Iron	0mg
Sugars	40g	Added Sugars	40g	Potassium	0mg
Dietary Fiber	0g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	46mg		
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

