



Fud
29589 - Original Cooked Ham

Comes in a large loaf, great for making big meals and keeping on hand for use in a wide variety of mealtime favorites from paninis and sandwiches to omelets and pizzas
Versatile food tastes great and makes a welcome addition to almost any recipe



Nutrition Facts

Servings per Container 100
Serving size 56.0g (56g)

Amount per serving
Calories 70

% Daily Value*	
Total Fat 3g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 640mg	27%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugar	0%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	2%
Potassium 0mg	0%

* 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

Our original ham is one of the top lunchmeats in the FUD family. It is low in fat, calories and carbohydrates and is a good source of protein. Our original ham block can be sliced thick or thin, depending on customer preference. Tender with a touch of sweetness, our product is fully cooked and ready to eat. Try our original cooked ham in a torta de jamn (Mexican ham sandwich) or in sincronizadas. Similar to quesadillas, a classic sincronizada contains ham, cheese, chorizo and refried beans layered between two tortillas. Its cooked on a griddle or skillet. Ham is the perfect breakfast meat. Add some to an omelet or make ham enchiladas for a hearty brunch.

Ingredients

Cure with: Water, Modified Food Starch, Salt, Contains 2% or less of the following: Sugar, Dextrose, Sodium Phosphates, Potassium Lactate, Potassium Acetate, Sodium Diacetate, Natural Flavorings, Sodium Bicarbonate, Maltodextrin, Sodium Erythorbate, Sodium Nitrite.

⚠ Allergens

Free From:

- crustaceans eggs fish milk
 peanuts sesame soy tree nuts
 wheat

Handling Suggestions

Keep refrigerated. UNIT UPC: 645230011060

Serving Suggestions

Comes in a large loaf, great for making big meals and keeping on hand for use in a wide variety of mealtime favorites from paninis and sandwiches to omelets and pizzas
Ready to slice and fully cooked for added convenience in the kitchen - use cold or heat and serve
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Prep & Cooking Suggestions

Ready to slice and fully cooked for added convenience in the kitchen - use cold or heat and serve

📄 Product Specifications

Brand	Manufacturer
Fud	Sigma Foods

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
645230011060	701106	29589	10645230011067		2/12.3 LB

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
25.6lb	25.3lb	United States	No	

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
12in	9.75in	7in	0.47ft3	16x5	60days	35°F / 37°F



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Nutrition Analysis - By Measure

Calories	70	Total Fat	3g	Sodium	640mg
Protein	7	Trans Fats	0g	Calcium	0mg
Total Carbohydrates...	3g	Saturated Fat	1g	Iron	0mg
Sugars	1g	Added Sugars	0g	Potassium	0mg
Dietary Fiber	0g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	25mg		
Vitamin A(IU)•		Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12•	
Monosodium		Sulphites		Nitrates	

Additional Images

