



Fermin

# 31010 - Iberico Ham Bone In

Fermin 100% Iberico Grain Fed Ham Free Range Bone in from Spain. This genetic trait, combined with their free range life and their diet based of grain, grass, roots and everything nature provides, gives each product an exceptional quality. We are one of the few producing this superb style.



## Nutrition Facts

Servings per Container **240**  
Serving size **1.00Z (1oz)**

Amount per serving  
**Calories 130**

	% Daily Value*
<b>Total Fat</b> 11g	<b>17%</b>
Saturated Fat 4g	<b>20%</b>
Trans Fat 0g	
<b>Cholesterol</b> 15mg	<b>5%</b>
<b>Sodium</b> 480mg	<b>20%</b>
<b>Total Carbohydrate</b> 0g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 0g	
Includes 0g Added Sugar	<b>0%</b>
<b>Protein</b> 8g	
Vitamin D 0mcg	<b>0%</b>
Calcium 0mg	<b>2%</b>
Iron 0mg	<b>2%</b>
Potassium 0mg	<b>0%</b>

\* 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

This 100% Iberico ham has an incomparable texture and flavor. The 100% Iberico breed has the unique ability to store healthy fat, creating a marbling effect that makes it flavorful but delicate at the same time. This genetic trait, combined with their free range life and their diet based of grain, grass, roots and everything nature provides, gives each product an exceptional quality. We are one of the few producing this superb style. CURED FOR 24 months using artisanal methods in La Alberca, Spain, a Natural Reserve declared a World Heritage.

ALL NATURAL. GLUTEN FREE. LACTOSE FREE. NO NITRATES OR NITRITES ADDED.

### Ingredients

100% iberico pork ham, salt

### ⚠ Allergens

#### Free From:

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

### Handling Suggestions

Shelf stable

### Serving Suggestions

Slice finely and serve by itself with Champagne or Cava.

### Prep & Cooking Suggestions

Ready to eat and serve

### 📄 Product Specifications

Brand	Manufacturer
Fermin	Fermin USA

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
	F01011	31010	10818003014309		1/15 LB

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
33.86lb	29.86lb	Spain	No	

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
10in	10in	10in	0.58ft3	4x12	475days	35°F / 37°F



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## Nutrition Analysis - By Measure

Calories	130	Total Fat	11g	Sodium	480mg
Protein	8	Trans Fats	0g	Calcium	0mg
Total Carbohydrates...	0g	Saturated Fat	4g	Iron	0mg
Sugars	0g	Added Sugars	0g	Potassium	0mg
Dietary Fiber	0g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	15mg		
Vitamin A(U)		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

