



Mitica

# 34845 - Serrano Ham Natural

Jamn Serrano is an integral part of the food culture of Spain. It differs from Italian prosciutto in that it is dry-aged at a higher temperature without lard, resulting in a lower water content and slightly drier texture that concentrates its flavors.



## Nutrition Facts

Servings per Container 192  
Serving size 1.00Z (1oz)

Amount per serving  
**Calories 110**

	% Daily Value*
<b>Total Fat</b> 7g	<b>10%</b>
Saturated Fat 2g	10%
Trans Fat	
<b>Cholesterol</b> 20mg	<b>7%</b>
<b>Sodium</b> 310mg	<b>13%</b>
<b>Total Carbohydrate</b> 0g	<b>0%</b>
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugar	0%
<b>Protein</b> 12g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0.3mg	2%
Potassium 170mg	4%

\* 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

Jamn Serrano, which means "mountain cured ham," is an integral part of the food culture of Spain. It differs from Italian prosciutto in that it is dry-aged at a higher temperature without lard, resulting in a lower water content and slightly drier texture that concentrates its flavors. Fresh hams are buried for 10 days in Mediterranean sea salt before being moved to aging rooms for 17 months. No shortcuts are used to accelerate the process, resulting in a superior Serrano that is unctuous and full-flavored. Savory and nutty, with just enough salinity for balance.

### Ingredients

pork, salt.

### ⚠ Allergens

#### Free From:

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

### Handling Suggestions

Keep refrigerated

### Serving Suggestions

A classic addition to a tapas plate, with Mitica Membrillo, Manchego, and Marcona Almonds. Excellent in sandwiches, tortillas, and fritters. Pair with a dry fino sherry or crisp lager.

### Prep & Cooking Suggestions

Keep refrigerated. Bring to room temperature before serving. Always trim off any yellow fat or skin from the surface. For best results, first cut the ham horizontally following the line where the bone was removed. Use a slicer to cut thin slices.

### 📄 Product Specifications

Brand	Manufacturer	Product Category
Mitica	Forever Cheese	

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
	ES358	34845	98436037455448		1/12 LB

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
12.3lb	12lb	Spain	No	

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
17in	11in	5.5in	0.6ft3	8x7	117days	35°F / 37°F



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## Nutrition Analysis - By Measure

Calories	110	Total Fat	7g	Sodium	310mg
Protein	12	Trans Fats		Calcium	0mg
Total Carbohydrates...	0g	Saturated Fat	2g	Iron	0.3mg
Sugars	0g	Added Sugars	0g	Potassium	170mg
Dietary Fiber	0g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	20mg		
Vitamin A(U)		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

