



Mitica

# 34871 - Speck Alto Adige

This lightly smoked, cured ham is a staple of Alto Adige, Italys northernmost region. Though Speck is heartier than its southern cousin prosciutto, it is more delicate in flavor than the heavily smoked meats found further north.



## Nutrition Facts

Servings per Container 41  
Serving size 56.0g (56g)

Amount per serving  
**Calories 80**

% Daily Value\*

Total Fat	6g	8%
Saturated Fat	3.5g	18%
Trans Fat		
Cholesterol	25mg	8%
Sodium	640mg	28%
Total Carbohydrate	0g	0%
Dietary Fiber	0g	0%
Total Sugars	0g	
Includes Added Sugar	0g	0%
Protein	7g	
Vitamin D	0mcg	0%
Calcium	0mg	0%
Iron	0.4mg	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

This lightly smoked, cured ham is a staple of Alto Adige, Italys northernmost region. Also known as the Sdtirol, the regions cuisine reflects the influence of closely neighboring Austria. Though speck is heartier than its southern cousin prosciutto, it is more delicate in flavor than the heavily smoked meats found further north. Authentic speck follows a traditional processing method passed down through generations and protected by the European Union. Compliance with the measures makes it possible to apply the firebranded mark to the rind and the label bearing the description PGI Speck Alto Adige in Italian and German with the Sdtirol symbol. The production specifications essentially include dry curing, light smoking (at a temperature less than 20C), an average aging time of 22 weeks, and a salt content not exceeding 5%. Once the hams are seasoned, they are cold smoked with beech wood in rooms ventilated by the crisp South Tyrolean air over several months, which allows the smoke to penetrate without overwhelming the flavor of the meat. Weve worked with our producer to age our speck longer for more flavor.

### Ingredients

Pork, Salt, Dextrose, Spices, Flavors, Sodium Ascorbate, Sodium Nitrite, Rosemary.

### Allergens

#### Free From:

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

### Handling Suggestions

Keep refrigerated. Slice thinly against the grain and allow to reach room temperature before serving.

### Serving Suggestions

Serve thinly sliced with Alpine cheeses like Fontina dAlpeggio, pickles, mustard, and rustic bread. Excellent in pastas, sandwiches, egg dishes, or over grilled veggies.

### Prep & Cooking Suggestions

Slice thinly against the grain and allow to reach room temperature before serving.

### Product Specifications

Brand	Manufacturer	Product Category
Mitica	Forever Cheese	

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
	IT332	34871	90825325900018		2/5 LB

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
13lb	10lb	Italy	No	

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
15.5in	11.5in	4in	0.41ft3	8x15	117days	35°F / 37°F



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#### Nutrition Analysis - By Measure

Calories	80	Total Fat	6g	Sodium	640mg
Protein	7	Trans Fats		Calcium	0mg
Total Carbohydrates...	0g	Saturated Fat	3.5g	Iron	0.4mg
Sugars	0g	Added Sugars	0g	Potassium	0mg
Dietary Fiber	0g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	25mg		
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

