

# Fra Mani 35072 - **Smoked Ham**

Our Smoked Ham is a whole muscle ham made from the knuckle of the pork leg, situated above the shank. This muscle is lean and dark in color with a distinctively intense flavor. Hand-trussed and smoked over natural hardwood, with an appealing rosy face and a fine texture, especially when sliced thin.



	Nutrition FactsServings per Container24Serving size2.00Z (20Z)			
Section Constants	Set Set I soft of generation Set Set Set I soft of generation Set Set Set Set Set Set Set Set Set	Amount per serving Calories	70	
WERE THE AND A WAY AND A STATE OF	% Daily Value*			
Partonan in a	MILES BY ANALYSIN POOL ANALYSIN	Total Fat 3g	5%	
		Saturated Fat 1g	5%	
		Trans Fat 0g		
		Cholesterol 30mg	10%	
<b>≭</b> Benefits		Sodium 560mg	23%	
		Total Carbohydrate 1g	0%	
Fra' Mani's mission is to keep old world food tra of the highest quality from sustainable sources.	Our Smoked Ham is a whole muscle ham made	Dietary Fiber 1g	0%	
from the knuckle of the pork leg, situated above the shank. This muscle is lean and dark in color with a distinctively intense flavor. Hand-trussed and smoked over natural hardwood, with an		Total Sugars 1g		
appealing rosy face and a fine texture, especially	y when sliced thin. Each ham is about 3 pounds.	Includes 0g Added Sugar	0%	
Ingredients	Allergens	Protein 11g		
5		Vitamin D 0mcg	0%	
Pork, Water, and contains 2% or	Free From:	Calcium 0 mg	0%	
less of Sea Salt, Sugar, Celery Powder, Lactic Acid Starter	crustaceans 🕜 eggs 🔊 fish 👔 milk	Iron 1mg	2%	
Culture.	🕥 peanuts 🛞 sesame 🛞 soy 🛞 tree nuts	Potassium 0mg	0%	
	wheat	* The % Daily Value (DV) tells you how much a serving of food contributes to a daily diet.	h a nutrient in 2,000 calories	

Handling Suggestions

Keep refrigerated at 40F or below. To preserve freshness, once opened, wrap airtight. Change the wrapping upon each successive opening.

### Serving Suggestions

Enjoy as is, sliced thinly on a salumi board, in sandwiches, on a platter or in salads, or pastry. A high quality no water added ham with many applications.

## Prep & Cooking Suggestions

Eat as is or gently warmed.

# Product Specifications

Brand					Manufacturer			
Fra Mani					Framani			
UPC	MFG	# SF	PC #	GT	ΓIN		Pack	Pack Desc.
	820	35	072	9089907	5001028	;		3/3 LB
Gross Weight Net Weight (		ght Co	untry of Origin		K	osher Child Nutritic		
9.5	b	9lb	l	United S	tates		No	
Shipping Information								
Length	Width	Height	Volume	TIxHI	Shelf Li	fe	Storage Temp From/To	
11.3in	9.3in	6.1in	0.37ft3	17x9	40day	s	35°F / 37°F	

a day is used for general nutrition advice.





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## Nutrition Analysis - By Measure

Calories	70	Total Fat	3g	Sodium	560mg
Protein	11	Trans Fats	Og	Calcium	0mg
Total Carbohydrates…	1g	Saturated Fat	1g	Iron	1mg
Sugars	1g	Added Sugars	Og	Potassium	0mg
Dietary Fiber	1g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	30mg		
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



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