



Columbus
431 - Black Forest Ham

BLACK FOREST HAM.
COLUMBUS Black Forest Ham is extra-lean and made with whole cuts of ham. Sweet-cured and naturally smoked for that classic, smoky taste.
Lightly seasoned, sweet-cured, and roasted black forest ham.



Nutrition Facts

Servings per Container **80**
Serving size **2.00Z (2oz)**

Amount per serving
Calories 70

	% Daily Value*
Total Fat 2g	3%
Saturated Fat 1g	5%
Trans Fat	
Cholesterol 30mg	10%
Sodium 490mg	21%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Total Sugars 2g	
Includes 0g Added Sugar	0%
Protein 12g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
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

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Ingredients

Unavailable

⚠ Allergens

Free From:

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

Handling Suggestions

Keep Refrigerated

Serving Suggestions

Perfect as an ingredient in sandwiches and snack cups that will surely not disappoint.

Prep & Cooking Suggestions

Ideal to create your next calzone, panini, or ham and pineapple cream cheese rolls.

📄 Product Specifications

Brand	Manufacturer	Product Category
Columbus	Columbus Mfg Inc	Pork

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
073007001141	83577	431	90073007001144		1/10 LB

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
10lb	10lb	United States	No	

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
12.75in	9in	5.5in	0.37ft3	15x3	30days	-2°F / -5°F



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Nutrition Analysis - By Measure

Calories	70	Total Fat	2g	Sodium	490mg
Protein	12	Trans Fats		Calcium	0mg
Total Carbohydrates...	2g	Saturated Fat	1g	Iron	0mg
Sugars	2g	Added Sugars	0g	Potassium	0mg
Dietary Fiber	0g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	30mg		
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

