

Fud

# 43990 - Ham Chub Cooked

Comes in a large loaf, great for making big meals and keeping on hand for use in a wide variety of mealtime favorites from paninis and sandwiches to omelets and pizzas Versatile food tastes great and makes a welcome addition to almost any recipe



		Servings per Container 40 Serving size 2.00Z (2oz)			
CONCERNMENT Service and		Amount per serving Calories	60		
Encode of a Same Same Same Same Same Same Same Sa		% Daily Value*			
Topics 3) Provide the second se	NETWI 518	Total Fat 3g	5%		
		Saturated Fat 1g	5%		
		Trans Fat 0g			
		Cholesterol 20mg	7%		
<b>★</b> Benefits		Sodium 620mg	26%		
		Total Carbohydrate 3g	1%		
Our original ham is one of the top lunchmeats in the FUD family. It is low in fat, calories and carbohydrates and is a good source of protein. Our original ham block can be sliced thick or thin, depending on customer preference.		Dietary Fiber 0g	0%		
Tender with a touch of sweetness, our product is fully cooked and re Try our original cooked ham in a torta de jamn (Mexican ham sandw sincronizada contains ham, cheese, chorizo and refried beans layere	Total Sugars 1g				
Ham is the perfect breakfast meat. Add some to an omelet or make	ham enchiladas for a hearty brunch.	Includes Added Sugar	%		
Ingredients	Allergens	Protein 7g			
		Vitamin D 0mcg	0%		
PORK Cured With: Water,	Free From:	Calcium Omg	0%		
Modified Food Starch, Salt,	🐑 crustaceans 🕧 eggs 🔊 fish 街 milk	Iron Omg	2%		
Contains 2% or less of the following: Sugar, Dextrose,	🚫 peanuts 🛞 sesame 🛞 soy 💮 tree nuts	Potassium 0mg	0%		
Sodium Phosphates, Potassium	( wheat	Fotassium orng	070		
Lactate, Potassium Acetate, Sodium Diacetate, Natural Flavorings, Sodium Bicarbonate, Maltodextrin, Sodium		* The % Daily Value (DV) tells you how muc a serving of food contributes to a daily diet a day is used for general nutrition advice.			

#### Handling Suggestions

Erythorbate, Sodium Nitrite.

Keep refrigerated. UNIT UPC: 645230059444

## Serving Suggestions

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## Prep & Cooking Suggestions

Ready to slice and fully cooked for added convenience in the kitchen use cold or heat and serve

#### **Product Specifications**

Brand			Manufacturer						
Fud			Sigma Foods						
UF	°C	MFG #	SPC #		GTIN		Ра	ck	Pack Desc.
645230	059444	5944	43990	10645	523005	9441			4/5 LB
Gross W	/eight	Net Weig	ht Cou	ntry of Origin Ko		Kos	her Child Nutrition		
211	b	20lb	Ur	nited Sta	tes	No			
Shipping Information									
Length	Width	Height	Volume	TIxHI	Shelf	Life	Stora	ige T	emp From/To
13.75in	10.38in	5.38in	0.44ft3	11x10	60d <i>a</i>	ays		35°	F/37°F





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Nutrition Analysis - By Measure

Calories	60	Total Fat	3g	Sodium	620mg
Protein	7	Trans Fats	Og	Calcium	0mg
Total Carbohydrates…	3g	Saturated Fat	1g	Iron	0mg
Sugars	1g	Added Sugars		Potassium	0mg
Dietary Fiber	Og	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	20mg		
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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