



COOK

213019 - Ham Steak Bone In Super Trim

All Smithfield brands are driven by the love of meat, ours, yours and, of course, your customers. That's why our offerings are so vast; because we all need our pork and specialty prepared meats our way, no one offers more. Smithfield Culinary offers everything you need to build your menu, from innovative culinary insights and ideas that help create head turning menu ideas. Smithfield has set sustainability goals because we believe we can build a more sustainable business and contribute to a better future.



Nutrition Facts

Servings per Container 7
Serving size 3oz. (84g)

Amount per serving
Calories 120

| % Daily Value* | |
|-------------------------|-----|
| Total Fat 6g | 8% |
| Saturated Fat 2g | 10% |
| Trans Fat 0g | |
| Cholesterol 40mg | 13% |
| Sodium 980mg | 43% |
| Total Carbohydrate 2g | 1% |
| Dietary Fiber 0g | 0% |
| Total Sugars 2g | |
| Includes 2g Added Sugar | 4% |
| Protein 14g | |
| Vitamin D 0.3mcg | 2% |
| Calcium 10mg | 1% |
| Iron 0.4mg | 2% |
| Potassium 370mg | 8% |

* 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

Our hams are slow-smoked for a minimum of 5 hours using real hickory chips to ensure a rich mahogany color and deep aroma. That smoking process, coupled with our signature cure and pure honey flavor, creates an unforgettable ham.

Ingredients

CURED WITH: WATER, DEXTROSE, SALT, CONTAINS 2% OR LESS OF: SODIUM PHOSPHATES, POTASSIUM ACETATE, POTASSIUM LACTATE, SODIUM DIACETATE, SODIUM NITRITE.

Allergens

Free From:

crustaceans eggs fish milk

peanuts sesame soy tree nuts

wheat

Handling Suggestions

Store and use per package instruction.

Serving Suggestions

For breakfast, lunch, or dinner, savory ham slices and steaks are a quick and hearty meal.

Prep & Cooking Suggestions

Place the ham slices into the oil, cooking on each side for about three minutes. Continue cooking until it turns brown and is slightly crispy, then remove from the pan.

Product Specifications

| Brand | Manufacturer |
|-------|---------------------|
| COOK | SMITHFIELD/FARMLAND |

| MFG # | SPC # | GTIN | Pack | Pack Desc. |
|-------|--------|----------------|------|------------|
| 89514 | 213019 | 90044200895144 | 24 | 24/16OZ AV |

| Gross Weight | Net Weight | Country of Origin | Kosher | Child Nutrition |
|--------------|------------|-------------------|--------|-----------------|
| 25.98lb | 24lb | USA | | No |

| Shipping Information | | | | | | |
|----------------------|--------|--------|---------|-------|------------|----------------------|
| Length | Width | Height | Volume | TlxHl | Shelf Life | Storage Temp From/To |
| 18.8in | 12.3in | 5.5in | 0.74ft3 | 7x7 | 0DAYS | 0°F / 32°F |



COOK
213019 - Ham Steak Bone In Super Trim

All Smithfield brands are driven by the love of meat, ours, yours and, of course, your customers. That's why our offerings are so vast; because we all need our pork and specialty prepared meats our way, no one offers more. Smithfield Culinary offers everything you need to build your menu, from innovative culinary insights and ideas that help create head turning menu ideas. Smithfield has set sustainability goals because we believe we can build a more sustainable business and contribute to a better future.



Nutrition Analysis - By Serving

| | | | | | |
|------------------------|-----|---------------------|--------|---------------|-------|
| Calories | 120 | Total Fat | 6g | Sodium | 980mg |
| Protein | 14 | Trans Fats | 0g | Calcium | 10mg |
| Total Carbohydrates... | 2g | Saturated Fat | 2g | Iron | 0.4mg |
| Sugars | 2g | Added Sugars | 2g | Potassium | 370mg |
| Dietary Fiber | 0g | Polyunsaturated Fat | 1g | Zinc | 0 |
| Lactose | | Monounsaturated Fat | 2.5g | Phosphorus | |
| Sucrose | | Cholesterol | 40mg | | |
| Vitamin A(IU)• | 0 | Vitamin D | 0.3mcg | Thiamin | |
| Vitamin A(RE) | | Vitamin E | | Niacin | |
| Vitamin C | 0mg | Folate | 0mg | Riboflavin | 0mg |
| Magnesium | | Vitamin B-6 | | Vitamin B-12• | |
| Monosodium | | Sulphites | | Nitrates | |

Additional Images

