



COOK

213019 - Ham Steak Bone In Super Trim

Great source of protein.



Nutrition Facts

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

Amount per serving
Calories 120

% Daily Value*

Total Fat 6g	9%
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 11.41mcg	57%
Calcium 8.28mg	1%
Iron 0.53mg	3%
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

Great source of protein.

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

Serve as desired.

Prep & Cooking Suggestions

Prepare per package instructions.

📄 Product Specifications

Brand	Manufacturer	Product Category
COOK	SMITHFIELD/FARMLAND	Pork

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	7x5	0DAYS	0°F / 32°F



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Nutrition Analysis - By Serving

Calories	120	Total Fat	6g	Sodium	980mg
Protein	14	Trans Fats	0g	Calcium	8.28mg
Total Carbohydrates...	2g	Saturated Fat	2g	Iron	0.53mg
Sugars	2g	Added Sugars	2g	Potassium	370mg
Dietary Fiber	0g	Polyunsaturated Fat	1.5g	Zinc	
Lactose		Monounsaturated Fat	3g	Phosphorus	
Sucrose		Cholesterol	40mg		
Vitamin A(IU)	3.04	Vitamin D	11.41mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C	0mg	Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

Additional Images

