



SMITHFIELD

213031 - Ham Steak Bone In Smoked Fresh

Tasty product and good source of protein



Nutrition Facts

Servings per Container
Serving size **30z (84g)**

Amount per serving
Calories 120

	% Daily Value*
Total Fat 7g	11%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 950mg	41%
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 0.35mg	2%
Potassium 170mg	4%

* 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

⚠ Allergens

Free From:

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

Handling Suggestions

Store as instructed on package.

Serving Suggestions

Serve as desired.

Prep & Cooking Suggestions

Prepare per package instructions.

📄 Product Specifications

Brand	Manufacturer	Product Category
SMITHFIELD	SMITHFIELD/FARMLAND	Pork

MFG #	SPC #	GTIN	Pack	Pack Desc.
062510	213031	90070800062518	24	24/1.25#

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
31lb	30lb	USA		No

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
18.87in	12.19in	7.13in	0.95ft3	7x9	60DAYS	33°F / 39°F



SMITHFIELD

213031 - Ham Steak Bone In Smoked Fresh

Tasty product and good source of protein



Nutrition Analysis - By Serving

Calories	120	Total Fat	7g	Sodium	950mg
Protein	14	Trans Fats	0g	Calcium	8.28mg
Total Carbohydrates...	2g	Saturated Fat	2.5g	Iron	0.35mg
Sugars	2g	Added Sugars	2g	Potassium	170mg
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

