



FARMLAND

214130 - Ham Pit Silver Medal Fresh



Nutrition Facts

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

Amount per serving
Calories 100

	% Daily Value*
Total Fat 4g	6%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 910mg	40%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Total Sugars 2g	
Includes 2g Added Sugar	4%
Protein 14g	
Vitamin D 0mcg	0%
Calcium 4.61mg	0%
Iron 0.65mg	4%
Potassium 90mg	2%

* 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

Ingredients

⚠ Allergens

Free From:

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

Handling Suggestions

📄 Product Specifications

Serving Suggestions

Prep & Cooking Suggestions

Brand	Manufacturer	Product Category
FARMLAND	SMITHFIELD/FARMLAND	Ham, Smoked or Cured (Carving)

MFG #	SPC #	GTIN	Pack	Pack Desc.
12859	214130	90070247128594	2	2/14# AVG

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
29lb	28lb	USA		No

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
18.9in	12.1in	8.3in	1.1ft3	8x4	30DAYS	33°F / 39°F



Nutrition Analysis - By Serving

Calories	100	Total Fat	4g	Sodium	910mg
Protein	14	Trans Fats	0g	Calcium	4.61mg
Total Carbohydrates...	2g	Saturated Fat	1.5g	Iron	0.65mg
Sugars	2g	Added Sugars	2g	Potassium	90mg
Dietary Fiber	0g	Polyunsaturated Fat	1g	Zinc	
Lactose		Monounsaturated Fat	2g	Phosphorus	
Sucrose		Cholesterol	45mg		
Vitamin A(IU)	1.8	Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C	0mg	Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

Additional Images



Nutrition Facts	
Serving Size 3 oz. (84g)	
Servings Per Container Varied	
Amount Per Serving	
Calories 100 Calories from Fat 35	
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 1.5g	7%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 910mg	38%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Sugars 2g	
Protein 14g	
Vitamin A 0% • Vitamin C 0%	
Calcium 0% • Iron 2%	
*Percent Daily Values are based on a 2,000 calorie diet.	

