



FARMLAND

214132 - Ham Carving Master Apple Smoked Fresh



Nutrition Facts

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

Amount per serving
Calories 130

	% Daily Value*
Total Fat 6g	10%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 840mg	37%
Total Carbohydrate 4g	1%
Dietary Fiber 0g	0%
Total Sugars 4g	
Includes 4g Added Sugar	8%
Protein 14g	
Vitamin D 15.33mcg	77%
Calcium 4.36mg	0%
Iron 0.5mg	3%
Potassium 440mg	9%

* 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.
19555	214132	90070247195558	2	2/9# AVG

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
19lb	18lb	USA		No

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
23.25in	13.62in	4.25in	0.78ft3	5x4	100DAYS	33°F / 39°F



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Nutrition Analysis - By Serving

Calories	130	Total Fat	6g	Sodium	840mg
Protein	14	Trans Fats	0g	Calcium	4.36mg
Total Carbohydrates...	4g	Saturated Fat	2g	Iron	0.5mg
Sugars	4g	Added Sugars	4g	Potassium	440mg
Dietary Fiber	0g	Polyunsaturated Fat	1g	Zinc	
Lactose		Monounsaturated Fat	3g	Phosphorus	
Sucrose		Cholesterol	50mg		
Vitamin A(IU)	0	Vitamin D	15.33mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C	0mg	Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

Additional Images

