



FARMLAND

214173 - Ham Steak\*Bone In 6 Oz

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 4  
Serving size 4oz (114g)

Amount per serving  
Calories 130

% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 1200mg	52%
Total Carbohydrate 4g	1%
Dietary Fiber 0g	0%
Total Sugars 2g	
Includes 2g Added Sugar	4%
Protein 18g	
Vitamin D 0.1mcg	1%
Calcium 10mg	1%
Iron 0.8mg	4%
Potassium 300mg	6%

\* 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, Modified Food Starch and Contains 2% or Less of the Following Ingredients: Sodium Lactate, Sodium Phosphate, Sodium Diacetate, Brown Cane Sugar, White Cane Sugar, Sodium Erythorbate, Sodium Nitrite, Natural Flavor.

Allergens

Free From:

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

Handling Suggestions

Keep frozen until use.

Serving Suggestions

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

Prep & Cooking Suggestions

Thaw ham steak in refrigerator for 12 to 24 hours. Flat Top Grill: Heat grill to 325F. Grill ham steak 1 1/2 to 2 minutes per side until heated through (140F.).

Product Specifications

Brand	Manufacturer
FARMLAND	SMITHFIELD/FARMLAND

MFG #	SPC #	GTIN	Pack	Pack Desc.
19480	214173	90070247194803	4	40/6OZ AVG

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
16.98lb	15lb	USA		No

Shipping Information						
Length	Width	Height	Volume	TLxHl	Shelf Life	Storage Temp From/To
14in	12.5in	4.5in	0.46ft3	9x5	30DAYS	0°F / 32°F



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Nutrition Analysis - By Serving

Calories	130	Total Fat	4.5g	Sodium	1200mg
Protein	18	Trans Fats	0g	Calcium	10mg
Total Carbohydrates...	4g	Saturated Fat	1.5g	Iron	0.8mg
Sugars	2g	Added Sugars	2g	Potassium	300mg
Dietary Fiber	0g	Polyunsaturated Fat	0g	Zinc	0
Lactose		Monounsaturated Fat	0g	Phosphorus	
Sucrose		Cholesterol	50mg		
Vitamin A(IU)•	0	Vitamin D	0.1mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C	1.5mg	Folate	0mg	Riboflavin	0mg
Magnesium		Vitamin B-6		Vitamin B-12•	
Monosodium		Sulphites		Nitrates	

Additional Images

