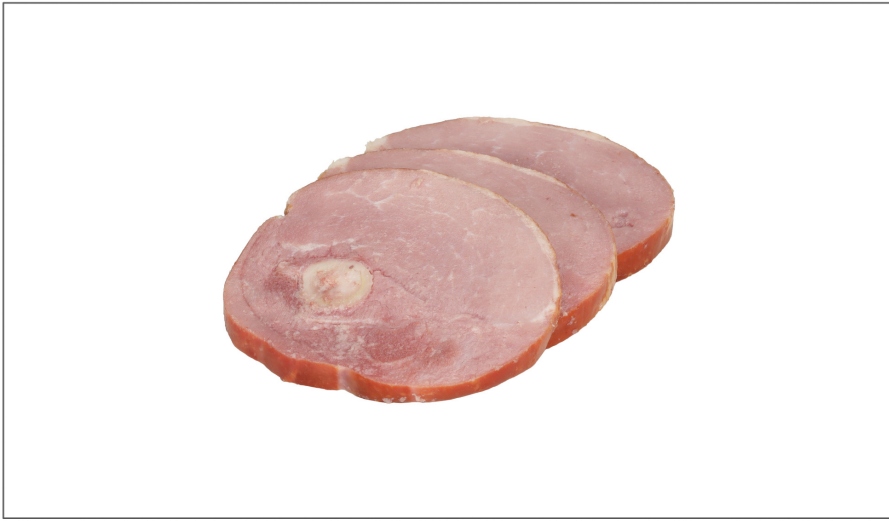




FARMLAND

214173 - Ham Steak\*Bone In 6 Oz



\* Benefits

# Nutrition Facts

Servings per Container  
Serving size **3.oz (85g)**

Amount per serving  
**Calories 110**

|                              | % Daily Value* |
|------------------------------|----------------|
| <b>Total Fat</b> 3.5g        | <b>5%</b>      |
| Saturated Fat 1g             | <b>5%</b>      |
| Trans Fat 0g                 |                |
| <b>Cholesterol</b> 40mg      | <b>13%</b>     |
| <b>Sodium</b> 640mg          | <b>28%</b>     |
| <b>Total Carbohydrate</b> 3g | <b>1%</b>      |
| Dietary Fiber 0g             | <b>0%</b>      |
| Total Sugars 1g              |                |
| Includes Added Sugar         | <b>%</b>       |
| <b>Protein</b> 14g           |                |
| Vitamin D                    | <b>%</b>       |
| Calcium 0mg                  | <b>0%</b>      |
| Iron 0mg                     | <b>0%</b>      |
| Potassium                    | <b>%</b>       |

\* 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.

### Ingredients

### ⚠ Allergens

**Free From:**

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

### Handling Suggestions

### 📄 Product Specifications

### Serving Suggestions

### Prep & Cooking Suggestions

| Brand    | Manufacturer        | Product Category |
|----------|---------------------|------------------|
| FARMLAND | SMITHFIELD/FARMLAND | Pork             |

| 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 | 9x4   | 30DAYS     | 0°F / 32°F           |



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Nutrition Analysis - By Serving

|                        |     |                     |      |              |       |
|------------------------|-----|---------------------|------|--------------|-------|
| Calories               | 110 | Total Fat           | 3.5g | Sodium       | 640mg |
| Protein                | 14  | Trans Fats          | 0g   | Calcium      | 0mg   |
| Total Carbohydrates... | 3g  | Saturated Fat       | 1g   | Iron         | 0mg   |
| Sugars                 | 1g  | Added Sugars        |      | Potassium    |       |
| Dietary Fiber          | 0g  | Polyunsaturated Fat |      | Zinc         |       |
| Lactose                |     | Monounsaturated Fat |      | Phosphorus   |       |
| Sucrose                |     | Cholesterol         | 40mg |              |       |
| Vitamin A(U)           | 0   | Vitamin D           |      | Thiamin      |       |
| Vitamin A(RE)          |     | Vitamin E           |      | Niacin       |       |
| Vitamin C              | 0mg | Folate              |      | Riboflavin   |       |
| Magnesium              |     | Vitamin B-6         |      | Vitamin B-12 |       |
| Monosodium             |     | Sulphites           |      | Nitrates     |       |

Additional Images

