



CARANDO

214221 - Ham Capicola Hot Semi Dry

Great source of protein.



Nutrition Facts

Servings per Container
Serving size **2oz (56g)**

Amount per serving
Calories 90

| | % Daily Value* |
|------------------------------|----------------|
| Total Fat 5g | 8% |
| Saturated Fat 2g | 10% |
| Trans Fat 0g | |
| Cholesterol 30mg | 10% |
| Sodium 690mg | 30% |
| Total Carbohydrate 1g | 0% |
| Dietary Fiber 0g | 0% |
| Total Sugars 1g | |
| Includes 1g Added Sugar | 2% |
| Protein 10g | |
| Vitamin D 0.43mcg | 2% |
| Calcium 11.6mg | 1% |
| Iron 0.45mg | 3% |
| Potassium 200mg | 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

Ingredients

⚠ Allergens

Free From:

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

Handling Suggestions

Store and use per package instruction.

Serving Suggestions

Serve as desired.

Prep & Cooking Suggestions

Ready to eat.

📄 Product Specifications

| Brand | Manufacturer | Product Category |
|---------|----------------------|---------------------------------|
| CARANDO | FARMLAND FOODS, INC. | Soup/Food Base, Broth & Boullon |

| MFG # | SPC # | GTIN | Pack | Pack Desc. |
|------------|--------|----------------|------|------------|
| 7603311534 | 214221 | 90076033115342 | 3 | 3/5.5#AVG |

| Gross Weight | Net Weight | Country of Origin | Kosher | Child Nutrition |
|--------------|------------|-------------------|--------|-----------------|
| 20.5lb | 19lb | USA | | No |

| Shipping Information | | | | | | |
|----------------------|---------|--------|---------|-------|------------|----------------------|
| Length | Width | Height | Volume | TlxHI | Shelf Life | Storage Temp From/To |
| 15.31in | 12.56in | 4.62in | 0.51ft3 | 9x6 | 30DAYS | 33°F / 39°F |



CARANDO

214221 - Ham Capicola Hot Semi Dry

Great source of protein.



Nutrition Analysis - By Serving

| | | | | | |
|------------------------|--------|---------------------|---------|--------------|--------|
| Calories | 90 | Total Fat | 5g | Sodium | 690mg |
| Protein | 10 | Trans Fats | 0g | Calcium | 11.6mg |
| Total Carbohydrates... | 1g | Saturated Fat | 2g | Iron | 0.45mg |
| Sugars | 1g | Added Sugars | 1g | Potassium | 200mg |
| Dietary Fiber | 0g | Polyunsaturated Fat | 1g | Zinc | |
| Lactose | | Monounsaturated Fat | 2g | Phosphorus | |
| Sucrose | | Cholesterol | 30mg | | |
| Vitamin A(IU) | 16.62 | Vitamin D | 0.43mcg | Thiamin | |
| Vitamin A(RE) | | Vitamin E | | Niacin | |
| Vitamin C | 0.01mg | Folate | | Riboflavin | |
| Magnesium | | Vitamin B-6 | | Vitamin B-12 | |
| Monosodium | | Sulphites | | Nitrates | |

Additional Images

