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.	Ham, Specialty and Other

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	TIxHI	Shelf Life	Storage Temp From/To
15.31in	12.56in	4.62in	0.51ft3	9x6	30DAYS	33°F / 39°F

powered by Syndigo
Products Move When Content Flows™

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

powered by Syndigo
Products Move When Content Flows™