



SMITHFIELD

214403 - Ham Buffet 95% Lean Boneless Fresh

Great Source of Protein.



Nutrition Facts

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

Amount per serving
Calories 110

	% Daily Value*
Total Fat 4.5g	7%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 940mg	41%
Total Carbohydrate 6g	2%
Dietary Fiber 0g	0%
Total Sugars 5g	
Includes 5g Added Sugar	10%
Protein 11g	
Vitamin D 10.85mcg	54%
Calcium 3.51mg	0%
Iron 0.51mg	3%
Potassium 390mg	8%

* 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

Great source of protein.

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

Prepare per package instructions.

📄 Product Specifications

Brand	Manufacturer	Product Category
SMITHFIELD	SMITHFIELD/FARMLAND	Ham, Smoked or Cured (Carving)

MFG #	SPC #	GTIN	Pack	Pack Desc.
19045	214403	90070247190454	2	2/11# AVG

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
23.25lb	22lb	USA		No

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
16.6in	14in	5.4in	0.73ft3	8x6	100DAYS	33°F / 39°F



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Nutrition Analysis - By Serving

Calories	110	Total Fat	4.5g	Sodium	940mg
Protein	11	Trans Fats	0g	Calcium	3.51mg
Total Carbohydrates...	6g	Saturated Fat	1.5g	Iron	0.51mg
Sugars	5g	Added Sugars	5g	Potassium	390mg
Dietary Fiber	0g	Polyunsaturated Fat	0.5g	Zinc	
Lactose		Monounsaturated Fat	2g	Phosphorus	
Sucrose		Cholesterol	35mg		
Vitamin A(IU)	0	Vitamin D	10.85mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C	0mg	Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

Additional Images



Cured with:
 water, dextrose, salt,
 contains 2% or less
 of: modified food
 starch, potassium
 acetate, potassium
 lactate, sodium
 phosphates, sodium
 diacetate, sodium
 erythorbate, sodium
 nitrite.

Nutrition Facts	
Serving Size 3 oz. (84g)	
Servings Per Container Varied	
Amount Per Serving	
Calories 100 Calories from Fat 35	
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 1.5g	7%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 930mg	39%
Total Carbohydrate 7g	2%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 10g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet.

