



FARMLAND

214965 - Ham Buffet Flat Silver Medal Fresh



# Nutrition Facts

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

Amount per serving  
**Calories 110**

	% Daily Value*
<b>Total Fat</b> 5g	<b>8%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 45mg	<b>15%</b>
<b>Sodium</b> 910mg	<b>40%</b>
<b>Total Carbohydrate</b> 2g	<b>1%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 2g	
Includes 2g Added Sugar	<b>4%</b>
<b>Protein</b> 14g	
Vitamin D 0mcg	<b>0%</b>
Calcium 9mg	<b>1%</b>
Iron 0.63mg	<b>4%</b>
Potassium 160mg	<b>3%</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.

## \* Benefits

## Ingredients

## ⚠ Allergens

### Free From:

- crustaceans
- eggs
- fish
- milk
- peanuts
- sesame
- 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.
12841	214965	90070247128419	2	2/12# AVG

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
25lb	24lb	USA		No

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
18.4in	14.2in	4.8in	0.73ft3	6x5	0DAYS	33°F / 39°F



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Nutrition Analysis - By Serving

Calories	110	Total Fat	5g	Sodium	910mg
Protein	14	Trans Fats	0g	Calcium	9mg
Total Carbohydrates...	2g	Saturated Fat	1.5g	Iron	0.63mg
Sugars	2g	Added Sugars	2g	Potassium	160mg
Dietary Fiber	0g	Polyunsaturated Fat	0.5g	Zinc	
Lactose		Monounsaturated Fat	1.5g	Phosphorus	
Sucrose		Cholesterol	45mg		
Vitamin A(IU)	0	Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C	0mg	Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

Additional Images

