FARMLAND

215103 - Ham Deli Ham/Water Cooked 4 X6 Fresh

Nutrition Facts

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

Amount per serving
Calories **60**

	% Daily Value*
Total Fat 2g	**3%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Cholesterol 25mg	**8%**
Sodium 610mg	**27%**
Total Carbohydrate 2g	**1%**
Dietary Fiber 0g	**0%**
Total Sugars 2g	
Includes 2g Added Sugar	**4%**
Protein 8g	
Vitamin D 0mcg	**0%**
Calcium 0mg	**0%**
Iron	**%**
Potassium	**%**

* 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

Serving Suggestions

Prep & Cooking Suggestions

Product Specifications

Brand	Manufacturer	Product Category
FARMLAND	Smithfield Foods Inc.	Pork

MFG #	SPC #	GTIN	Pack	Pack Desc.
10070247193800	215103	10070247193800	4	4 / 13.0 LBR

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
55lb	52lb	USA		No

Shipping Information						
Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
24.88in	13.06in	5.13in	0.96ft3	6x4	180DAYS	28°F / 32°F

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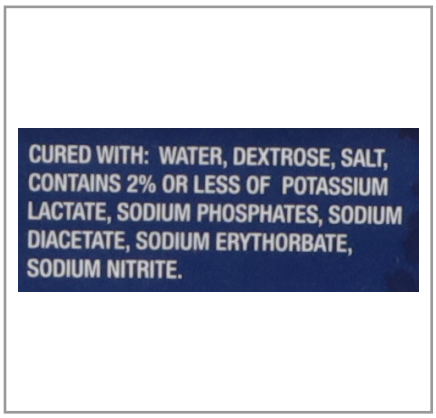
SGC FOODSERVICE

Nutrition Analysis - By Serving

Calories	60	Total Fat	2g	Sodium	610mg
Protein	8	Trans Fats	0g	Calcium	0mg
Total Carbohydrates•••	2g	Saturated Fat	0.5g	Iron	
Sugars	2g	Added Sugars	2g	Potassium	
Dietary Fiber	0g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	25mg		
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	

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