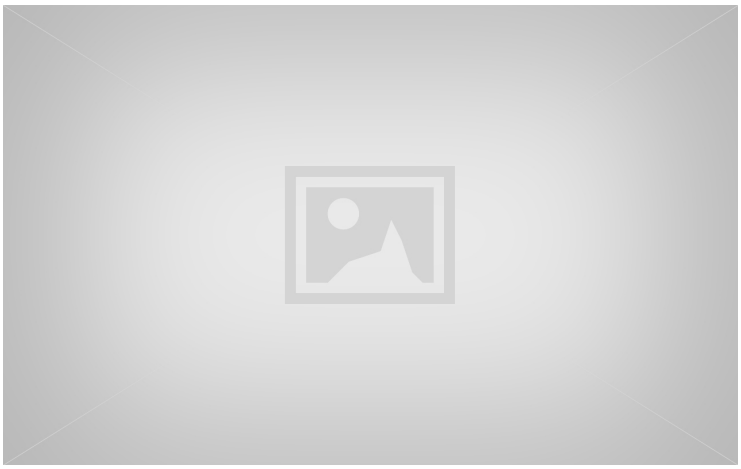
SEABOARD FARMS

215347 - **Pork Bone In Skls Shkls Ham 20/23 S/O**

Ham is always popular for a holiday dinner or special occasion. From beginning to end, Prairie Fresh ham is controlled at every step. Our connected food system allows us to control key processes and deliver fresh high-quality pork every time.

SGC FOODSERVICE



Nutrition Facts

Servings per Container	**8000**
Serving size	**4.00OZ (4oz)**
Amount per serving	
Calories	**250**
	% Daily Value*
Total Fat 19g	**29%**
Saturated Fat 7g	**35%**
Trans Fat 0g	
Cholesterol 75mg	**25%**
Sodium 310mg	**13%**
Total Carbohydrate 0g	**0%**
Dietary Fiber 0g	**0%**
Total Sugars 0g	
Includes Added Sugar	**%**
Protein 17g	
Vitamin D 0mcg	**0%**
Calcium 0mg	**0%**
Iron 0mg	**0%**
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

An uncured ham will have the flavor of a pork loin roast or pork chops.
Fresh hams must be cooked.
One of the leanest cuts of pork.

Ingredients

Pork Ham

Allergens

Free From:

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

Handling Suggestions

Keep refrigerated. May be frozen.

Serving Suggestions

Slice and serve with side dishes.

Prep & Cooking Suggestions

Ready to cook. Roast at low temperature until tender, approximately 15 minutes per pound. Let rest 10 minutes. Slice and serve.

Product Specifications

Brand	Manufacturer	Product Category
SEABOARD FARMS	SEABOARD FOODS	Pork

MFG #	SPC #	GTIN	Pack	Pack Desc.
13420	215347	90736490134200	1	1/2000#AV

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
2001.5lb	2000lb	USA		

Shipping Information						
Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
47in	41in	38in	42.38ft3	1x1	0DAYS	33°F / 39°F

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Nutrition Analysis

Calories	250	Total Fat	19g	Sodium	310mg
Protein	17	Trans Fats	0g	Calcium	0mg
Total Carbohydrates•••	0g	Saturated Fat	7g	Iron	0mg
Sugars	0g	Added Sugars		Potassium	
Dietary Fiber	0g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	75mg		
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

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