



FARMLAND

216978 - Ham Lean Sliced Cooked 95%



Nutrition Facts

Servings per Container 96
Serving size 2oz.

Amount per serving
Calories 60

% Daily Value*

Total Fat	2g	%
Saturated Fat	0.5g	3%
Trans Fat	0g	
Cholesterol	30mg	10%
Sodium	670mg	29%
Total Carbohydrate	2g	1%
Dietary Fiber		%
Total Sugars	2g	
Includes Added Sugar		%

Protein	10g	
Vitamin D		%
Calcium	2.8mg	0%
Iron	0.34mg	2%
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

none

Ingredients

Cured with water, dextrose, salt, potassium lactate, sodium phosphates, sodium diacetate, sodium erythorbate, sodium nitrite

Allergens

Free From:

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

Handling Suggestions

Vacuum packaged. 31-33 slices per package. Slices uniformly stacked. Label firmly affixed to end panel of shipper. Hold between 28 and 34 F

Serving Suggestions

Make Farmland American Ham part of your breakfast, lunch and dinner menus. Serve thick grilled slices as a breakfast side dish, or cut ham into cubes and make a breakfast egg casserole. For lunch, build a gourmet ham sandwich on artisan bread, or create a hand-held Ham 'n Salad Wrap for your customers on the go. Create real eye appeal at your carving station with a glazed ham, or spoon warm maple apple salsa over ham slices, served with a baked sweet potato on the side.

Prep & Cooking Suggestions

Convection Oven: Heat oven to 350° F. Place rack in 4 inch deep half hotel pan. Pour 2 cups water into bottom of pan. Place ham on rack and cover with parchment paper, then foil. Bake 2 to 3 hours until internal temperature reaches 140° F.; Slow-Roasting Oven (Cook & Hold Oven): Heat oven to 200° F. Place rack in 4 inch deep half hotel pan. Pour 2 cups water into bottom of pan. Place ham on rack and cover with parchment paper, then foil. Bake 7 to 8 hours until internal temperature reaches 140° F.

Product Specifications

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

MFG #	SPC #	GTIN	Pack	Pack Desc.
821430	216978	10070247821437	12	12/1#

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
12.85LB	12LB	US		No

Shipping Information

Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
14.2in	9.8in	4.2in	0.34cf	20x4	0days	0°f / 32°f



Nutrition Analysis

Calories	60	Total Fat	2g	Sodium	670mg
Protein	10	Trans Fats	0g	Calcium	2.8mg
Total Carbohydrates...	2g	Saturated Fat	0.5g	Iron	0.34mg
Sugars	2g	Added Sugars		Potassium	
Dietary Fiber		Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	30mg		
Vitamin A(U)		Vitamin D		Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C	0mg	Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2	
Monosodium		Sulphites		Nitrates	

 Additional Images

