



FARMLAND

219402 - Ham Smoked Bone In Frozen

Great source of protein.



Nutrition Facts

Servings per Container **316**
Serving size **84gs (3oz)**

Amount per serving
Calories 140

	% Daily Value*
Total Fat 9g	14%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 1020mg	44%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Total Sugars 2g	
Includes Added Sugar	%
Protein 12g	
Vitamin D	%
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

Great source of protein.

Ingredients

Cured with: Water, Dextrose, Contains 2% or Less of Salt, Potassium Chloride, Sodium Phosphates, Potassium Lactate, Sodium Diacetate, Sodium Nitrite.

Allergens

Free From:

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

Handling Suggestions

Store and use per package instructions.

Serving Suggestions

Serve as desired.

Prep & Cooking Suggestions

Prepare per package instructions.

Product Specifications

Brand	Manufacturer	Product Category
FARMLAND	FARMLAND FOODS,INC.	Ham, Smoked or Cured (Carving)

MFG #	SPC #	GTIN	Pack	Pack Desc.
12613	219402	90070247126132	3	3/20# AVG

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
62lb	60lb	USA		

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
22.94in	15.75in	10.88in	2.28ft3	6x2	0DAYS	0°F / 32°F



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Nutrition Analysis - By Serving

Calories	140	Total Fat	9g	Sodium	1020mg
Protein	12	Trans Fats	0g	Calcium	0mg
Total Carbohydrates...	3g	Saturated Fat	3g	Iron	0mg
Sugars	2g	Added Sugars		Potassium	
Dietary Fiber	0g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	45mg		
Vitamin A(U)	0	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

