



COOK

219405 - Ham Smoked Bone In S/O

All Smithfield brands are driven by the love of meat, ours, yours and, of course, your customers. That's why our offerings are so vast; because we all need our pork and specialty prepared meats our way, no one offers more. Smithfield Culinary offers everything you need to build your menu, from innovative culinary insights and ideas that help create head turning menu ideas. Smithfield has set sustainability goals because we believe we can build a more sustainable business and contribute to a better future.



Nutrition Facts

Servings per Container 100
Serving size 3oz. (84g)

Amount per serving
Calories 130

	% Daily Value*
Total Fat 8g	10%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 980mg	43%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Total Sugars 2g	
Includes 2g Added Sugar	4%
Protein 13g	
Vitamin D 0.3mcg	2%
Calcium 0mg	0%
Iron 0.5mg	3%
Potassium 370mg	8%

* 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

Our hams are slow-smoked for a minimum of 5 hours using real hickory chips to ensure a rich mahogany color and deep aroma. That smoking process, coupled with our signature cure and pure honey flavor, creates an unforgettable ham.

Ingredients

Cured With: Water, Dextrose, Salt, Contains 2% or less of Sodium Phosphates, Potassium Lactate, Potassium Acetate, Sodium Diacetate, and Sodium Nitrite

⚠ Allergens

Free From:

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

Handling Suggestions

Store and use per package instruction.

Serving Suggestions

For breakfast, lunch, or dinner, savory ham slices and steaks are a quick and hearty meal.

Prep & Cooking Suggestions

Heat convection oven to 250F. Place in roasting pan; cover with foil. Heat for approximately 10 to 15 minutes per pound.

✍ Product Specifications

Brand	Manufacturer
COOK	SMITHFIELD/FARMLAND

MFG #	SPC #	GTIN	Pack	Pack Desc.
635050	219405	90044200635054	3	3/20# AVG

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
62lb	60lb	USA		No

Shipping Information						
Length	Width	Height	Volume	TLxHI	Shelf Life	Storage Temp From/To
24in	15.75in	10.44in	2.28ft3	5x6	0DAYS	0°F / 32°F



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Nutrition Analysis - By Serving

Calories	130	Total Fat	8g	Sodium	980mg
Protein	13	Trans Fats	0g	Calcium	0mg
Total Carbohydrates...	2g	Saturated Fat	3g	Iron	0.5mg
Sugars	2g	Added Sugars	2g	Potassium	370mg
Dietary Fiber	0g	Polyunsaturated Fat	1g	Zinc	0
Lactose		Monounsaturated Fat	3.5g	Phosphorus	
Sucrose		Cholesterol	40mg		
Vitamin A(IU)•	0	Vitamin D	0.3mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C	0mg	Folate	0mg	Riboflavin	0mg
Magnesium		Vitamin B-6		Vitamin B-1 2•	
Monosodium		Sulphites		Nitrates	

 Additional Images

