



**COOK**

**219405 - Ham Smoked Bone In S/O**

Great Source of Protein.



# Nutrition Facts

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

Amount per serving  
**Calories 130**

	% Daily Value*
<b>Total Fat</b> 7g	<b>11%</b>
Saturated Fat 2.5g	<b>13%</b>
Trans Fat 0g	
<b>Cholesterol</b> 45mg	<b>15%</b>
<b>Sodium</b> 1090mg	<b>47%</b>
<b>Total Carbohydrate</b> 2g	<b>1%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 2g	
Includes Added Sugar	<b>%</b>
<b>Protein</b> 14g	
Vitamin D 0mcg	<b>0%</b>
Calcium 9.29mg	<b>1%</b>
Iron 0.53mg	<b>3%</b>
Potassium 210mg	<b>4%</b>

\* 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

## ⚠ 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
COOK	SMITHFIELD/FARMLAND	Ham, Smoked or Cured (Carving)

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	2.28cf	5x6	0DAYS	0°F / 32°F



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Nutrition Analysis - By Serving

Calories	130	Total Fat	7g	Sodium	1090mg
Protein	14	Trans Fats	0g	Calcium	9.29mg
Total Carbohydrates...	2g	Saturated Fat	2.5g	Iron	0.53mg
Sugars	2g	Added Sugars		Potassium	210mg
Dietary Fiber	0g	Polyunsaturated Fat	1.5g	Zinc	
Lactose		Monounsaturated Fat	3g	Phosphorus	
Sucrose		Cholesterol	45mg		
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

