



COOK

219416 - Ham Spiral Hickory Smkd Sliced Fresh S/O



Cook's Bone-In Hickory Smoked Spiral Sliced Ham delivers rich, savory hickory flavor. This ready to eat bone in ham is gluten free. Cook's sliced ham is hickory smoked to perfection. This fully cooked ham includes a packet of sweet ham glaze for the ideal combination of sweet and savory flavor. Enjoy Cook's sliced hickory smoked ham for breakfast with pancakes or for dinner with mashed potatoes.



Nutrition Facts

Servings per Container **53**
Serving size **3oz (84g)**

Amount per serving
Calories 140

	% Daily Value*
Total Fat 7g	11%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 910mg	40%
Total Carbohydrate 5g	2%
Dietary Fiber 0g	0%
Total Sugars 4g	
Includes 4g Added Sugar	8%
Protein 14g	
Vitamin D 15.08mcg	75%
Calcium 5.1mg	0%
Iron 0.69mg	4%
Potassium 730mg	16%

* 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

One package of Cook's Spiral Bone-In Hickory Smoked Ham
This hickory smoked spiral sliced ham is full of sweet, smoky flavor
Cook's Spiral Bone-In Ham is gluten free, perfect for meeting your families various needs
This spiral cut ham is hickory smoked and includes a sweet glaze for burst of flavor in every bite
Enjoy this ham at family breakfast with buttery pancakes and fresh fruit or buffet style with all you can eat mashed potatoes and gravy
Cook's ham comes packaged in airtight plastic to maintain freshness
Keep fully cooked ham refrigerated

Ingredients

CURED WITH: WATER, HONEY,
CONTAINS 2% OR LESS OF: SALT,
DEXTROSE, 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

Store and use per package instruction.

Serving Suggestions

Serve as desired.

Prep & Cooking Suggestions

Prepare per package instructions.

📄 Product Specifications

Brand	Manufacturer	Product Category
COOK	SMITHFIELD/FARMLAND	Pork

MFG #	SPC #	GTIN	Pack	Pack Desc.
82545	219416	90044200825455	4	4/11# AVG

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
45.96lb	44lb	USA		No

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
19.5in	15.25in	8.25in	1.42ft3	6x7	90DAYS	33°F / 39°F



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Nutrition Analysis - By Serving

Calories	140	Total Fat	7g	Sodium	910mg
Protein	14	Trans Fats	0g	Calcium	5.1mg
Total Carbohydrates...	5g	Saturated Fat	2.5g	Iron	0.69mg
Sugars	4g	Added Sugars	4g	Potassium	730mg
Dietary Fiber	0g	Polyunsaturated Fat	0.5g	Zinc	
Lactose		Monounsaturated Fat	3g	Phosphorus	
Sucrose		Cholesterol	55mg		
Vitamin A(U)	2.01	Vitamin D	15.08mcg	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

