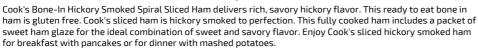


COOK

219416 - Ham Spiral Hickory Smkd Sliced Fresh S/O





53

3oz (84g)

% Daily Value*

140

11%

13%

18%

40%

2%

0%

8%

75%

0%

4%

16%

Nutrition Facts

Servings per Container

Serving size

Total Fat 7g

Amount per serving **Calories**

Saturated Fat 2.5g

Total Carbohydrate 5g

Includes 4g Added Sugar

a day is used for general nutrition advice.

* The % Daily Value (DV) tells you how much a nutrient in

a serving of food contributes to a daily diet. 2,000 calories

Total Sugars 4g

Vitamin D 15.08mcg

Trans Fat 0g Cholesterol 55mg

Sodium 910mg

Dietary Fiber 0g

Protein 14g

Calcium 5.1mg

Potassium 730mg

Iron 0.69mg



* 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:











Store and use per package instruction.

Handling Suggestions

Serving Suggestions

Serve as desired.

Prep & Cooking Suggestions

Prepare per package instructions.

Product Specifications

Brand			Manufacturer			Product Category		
соок		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	TIxHI	Shelf Life	Storage Temp From/To		
19.5in	15.25in	8.25in	1.42ft3	6x7	90DAYS	33°F / 39°F		





СООК

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 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(IU)•	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		

