



FARMLAND

219477 - Pork Ham Roast Brt Raw Frozen

Great source of protein.



Nutrition Facts

Servings per Container 209
Serving size 4OZ (112Grams)

Amount per serving
Calories 210

	% Daily Value*
Total Fat 13g	20%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 75mg	25%
Sodium 60mg	3%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes Added Sugar	%
Protein 21g	
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

Fresh boneless pork hams

⚠ Allergens

Free From:

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

Handling Suggestions

Keep Frozen Until Use

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.
14324	219477	90070247143245	3	3/15# AVG

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
52.67lb	50.9lb	USA		

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
19.25in	13.13in	7.38in	1863.34INQ	7x5	365DAYS	-10°F / 0°F



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Nutrition Analysis

Calories	210	Total Fat	13g	Sodium	60mg
Protein	21	Trans Fats	0g	Calcium	0mg
Total Carbohydrates...	0g	Saturated Fat	4.5g	Iron	0mg
Sugars	0g	Added Sugars		Potassium	
Dietary Fiber	0g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	75mg		
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

