



FARMLAND

# 223076 - Ham & Water Cooked Gf

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. Equally important - 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 2oz. (56g)

Amount per serving  
**Calories 60**

	% Daily Value*
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 25mg	<b>8%</b>
<b>Sodium</b> 610mg	<b>27%</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> 8g	
Vitamin D 0mcg	<b>0%</b>
Calcium 4.98mg	<b>0%</b>
Iron 0.36mg	<b>2%</b>
Potassium 120mg	<b>3%</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

You'll always impress with Smithfield's legendary hams, delicious bologna and tender roast beef. Our huge selection of deli lunchmeats includes healthy, low sodium varieties, and all offer up that same handcrafted excellence you've come to expect.

### Ingredients

Cured with: Water, Dextrose, Salt, Contains 2% or Less of: Sodium Phosphates, Potassium Lactate, Sodium Erythorbate, Sodium Nitrite, Sodium Diacetate.

### ⚠ Allergens

#### Free From:

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

### Handling Suggestions

Keep refrigerated until use.

### Serving Suggestions

Make a giant dagwood sandwich or a pressed panini. This lunchmeat is also great served alone on a deli tray.

### Prep & Cooking Suggestions

No preparation required.

### 📄 Product Specifications

Brand	Manufacturer	Product Category
FARMLAND	SMITHFIELD/FARMLAND	Pork

MFG #	SPC #	GTIN	Pack	Pack Desc.
193817	223076	10070247193817	2	2/13# AVG

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
27.1lb	26lb	USA		No

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
13.75in	12.75in	5.13in	0.52ft3	9x9	180DAYS	33°F / 39°F



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## Nutrition Analysis - By Serving

Calories	60	Total Fat	2g	Sodium	610mg
Protein	8	Trans Fats	0g	Calcium	4.98mg
Total Carbohydrates...	2g	Saturated Fat	0.5g	Iron	0.36mg
Sugars	2g	Added Sugars		Potassium	120mg
Dietary Fiber	0g	Polyunsaturated Fat	0.5g	Zinc	
Lactose		Monounsaturated Fat	1g	Phosphorus	
Sucrose		Cholesterol	25mg		
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

