FARMLAND

223181 - Ham Chopped Deli Water Added Added S/O

Nutrition Facts

Servings per Container
Serving size **2Oz (56g)**

Amount per serving

Calories	**180**
	% Daily Value*
Total Fat 15g	**23%**
Saturated Fat 5g	**25%**
Trans Fat 0g	
Cholesterol 35mg	**12%**
Sodium 720mg	**31%**
Total Carbohydrate 5g	**2%**
Dietary Fiber 0g	**0%**
Total Sugars 5g	
Includes 5g Added Sugar	**10%**
Protein 7g	
Vitamin D 9.38mcg	**47%**
Calcium 2.39mg	**0%**
Iron 0.33mg	**2%**
Potassium 270mg	**6%**

* 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

Ingredients

Allergens

Free From:

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

Handling Suggestions

Serving Suggestions

Prep & Cooking Suggestions

Product Specifications

Brand	Manufacturer	Product Category
FARMLAND	SMITHFIELD FOODS INC.	Pork

MFG #	SPC #	GTIN	Pack	Pack Desc.
10070247290196	223181	10070247290196	2	2 / 10.02 LBR

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
20.04lb	20lb	USA		No

Shipping Information						
Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
14.19in	10.94in	5in	0.45ft3	10x11	180DAYS	28°F / 32°F

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Nutrition Analysis - By Serving

Calories	180	Total Fat	15g	Sodium	720mg
Protein	7	Trans Fats	0g	Calcium	2.39mg
Total Carbohydrates•••	5g	Saturated Fat	5g	Iron	0.33mg
Sugars	5g	Added Sugars	5g	Potassium	270mg
Dietary Fiber	0g	Polyunsaturated Fat	2.5g	Zinc	
Lactose		Monounsaturated Fat	6g	Phosphorus	
Sucrose		Cholesterol	35mg		
Vitamin A(IU)•	0	Vitamin D	9.38mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C	0mg	Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12•	
Monosodium		Sulphites		Nitrates	

Additional Images

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