



Farmland Foods, Inc.

223194 - Ham Cooked Water Added 96% Fat Free Dnr

Ham is more than just a holiday staple it's an every-day superstar, especially when it's Farmland. Our focus has always been on making the absolute best hams on the market. The proof is in the process; our hams are hand-selected, meticulously trimmed, and always smoked fresh to provide a memorable meal experience at each bite.



Nutrition Facts

Servings per Container 100
Serving size 2oz. (56g)

Amount per serving
Calories 60

	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 570mg	25%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Total Sugars 2g	
Includes Added Sugar	%
Protein 9g	
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

Cured with water, dextrose, salt, potassium lactate, sodium phosphate, 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 instructions.

Serving Suggestions

Serve as desired.

Prep & Cooking Suggestions

Ready to eat.

Product Specifications

Brand	Manufacturer	Product Category
	FARMLAND FOODS, INC.	Ham, Smoked or Cured (Carving)

MFG #	SPC #	GTIN	Pack	Pack Desc.
193770	223194	10070247193770	4	4/13#

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
53lb	52lb	USA		

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
24.88in	13.06in	5.13in	0.96ft3	4x10	180DAYS	33°F / 39°F



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Nutrition Analysis - By Serving

Calories	60	Total Fat	1.5g	Sodium	570mg
Protein	9	Trans Fats	0g	Calcium	0mg
Total Carbohydrates...	2g	Saturated Fat	0.5g	Iron	0mg
Sugars	2g	Added Sugars		Potassium	
Dietary Fiber	0g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	30mg		
Vitamin A(U)	0	Vitamin D		Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C	0mg	Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

Additional Images

