



SEABOARD FARMS

225415 - Pork Ham Boneless Rollout Netted

Ham is always popular for a holiday dinner or special occasion. From beginning to end, Prairie Fresh ham is controlled at every step. Our connected food system allows us to control key processes and deliver fresh high-quality pork every time.



Nutrition Facts

Servings per Container 188  
Serving size 4oz (112g)

Amount per serving  
**Calories 150**

% Daily Value*	
Total Fat 6g	9%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 75mg	25%
Sodium 60mg	3%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugar	0%
Protein 23g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%

\* 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

An uncured ham will have the flavor of a pork loin roast or pork chops.  
Fresh hams must be cooked.  
One of the leanest cuts of pork.

Ingredients

Pork

⚠ Allergens

Free From:

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

Handling Suggestions

Keep refrigerated or frozen. Thaw in refrigerator or microwave. Keep raw meat and poultry separate from other foods. Wash working surfaces (including cutting boards), utensils, and hands after touching raw meat or poultry. Cook thoroughly. Keep hot foods hot. Refrigerate leftovers immediately or discard.

Serving Suggestions

To keep your ham moist and juicy when cooking, place the ham cut-side down inside a foil tent.

Prep & Cooking Suggestions

Cook until tender. Uncured hams should be heated to an internal temperature of 160 degrees F, followed by a 10-minute rest time.

📄 Product Specifications

Brand	Manufacturer
SEABOARD FARMS	SEABOARD FOODS

MFG #	SPC #	GTIN	Pack	Pack Desc.
79875	225415	90736490798754	3	3/17# AVG

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
51.97lb	49.97lb	USA		No

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
23.37in	15.87in	5.37in	1.15ft3	5x3	365DAYS	0°F / 32°F



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Nutrition Analysis - By Measure

Calories	150	Total Fat	6g	Sodium	60mg
Protein	23	Trans Fats	0g	Calcium	0mg
Total Carbohydrates...	0g	Saturated Fat	2g	Iron	0mg
Sugars	0g	Added Sugars	0g	Potassium	0mg
Dietary Fiber	0g	Polyunsaturated Fat	0g	Zinc	0
Lactose		Monounsaturated Fat	0g	Phosphorus	
Sucrose		Cholesterol	75mg		
Vitamin A(IU)	0	Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C	0mg	Folate	0mg	Riboflavin	0mg
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

Additional Images

