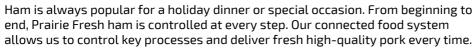


SEABOARD FARMS

225415 - Pork Ham Boneless Rollout Netted







* 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	A Allergens
Pork	Free From: Specifical control of the control of th

Nutrition Facts

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

Amount per serving Calories

150

Outories	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%

a serving of food contributes to a daily diet. 2,000 calories

a day is used for general nutrition advice.

Product Specifications

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 cutside 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.

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	TIxHI	Shelf Life	Storage Temp From/To	
23.37in	15.87in	5.37in	1.15ft3	5x3	365DAYS	0°F / 32°F	





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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 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-1 2•	
Monosodium		Sulphites		Nitrates	

Additional Images









