



SEABOARD FARMS

229159 - Pork Ham Bone In Skin On Fresh S/O

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 224
Serving size 4ozs (112g)

Amount per serving
Calories 250

% Daily Value*	
Total Fat 19g	29%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 75mg	25%
Sodium 310mg	13%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugar	0%
Protein 17g	
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
- 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

Slice and serve.
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. Let rest 3-5 minutes. Uncooked hams should be heated to an internal temperature of 145 degrees F, followed by a 3-minute rest time.

📄 Product Specifications

Brand	Manufacturer
SEABOARD FARMS	SEABOARD FOODS

MFG #	SPC #	GTIN	Pack	Pack Desc.
13418	229159	90736490134187	1	2/25# AVG

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
51.8lb	50lb	USA		No

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
23.75in	12.87in	8.43in	1.49ft3	6x7	21DAYS	33°F / 39°F



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Nutrition Analysis - By Serving

Calories	250	Total Fat	19g	Sodium	310mg
Protein	17	Trans Fats	0g	Calcium	0mg
Total Carbohydrates...	0g	Saturated Fat	7g	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

