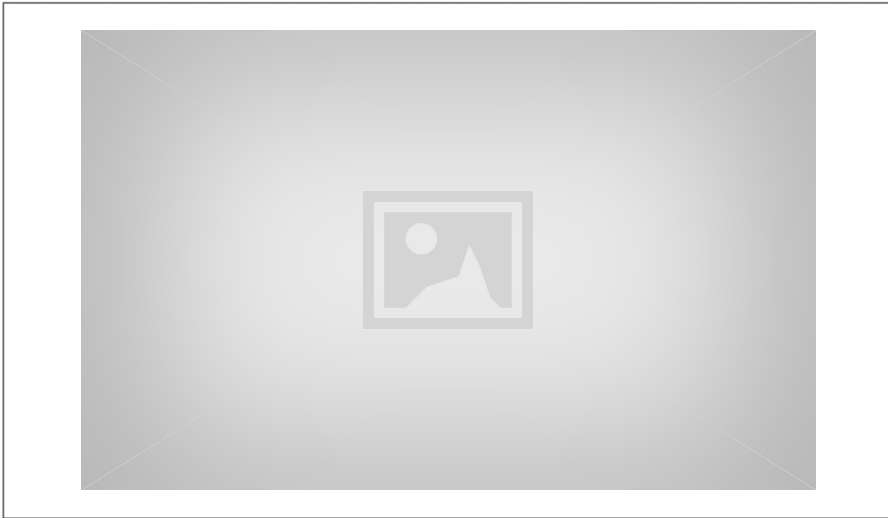




Farmland Foods, Inc.

# 914969 - Ham Buffet Smoked Bnls F2 F

Farmland Silver Medal Hams have 5g of fat or less per 100g, and are USDA-approved Lean. All Silver Medal Hams are completely boneless, giving you a higher yield than bone-in hams



## Nutrition Facts

Servings per Container 50  
Serving size 3oz. (84g)

Amount per serving  
**Calories 130**

	% Daily Value*
<b>Total Fat</b> 6g	<b>9%</b>
Saturated Fat 2.5g	<b>13%</b>
Trans Fat 0g	
<b>Cholesterol</b> 50mg	<b>17%</b>
<b>Sodium</b> 950mg	<b>41%</b>
<b>Total Carbohydrate</b> 2g	<b>1%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 2g	
Includes 0g Added Sugar	<b>0%</b>
<b>Protein</b> 14g	
Vitamin D 0mcg	<b>0%</b>
Calcium	<b>0%</b>
Iron	<b>4%</b>
Potassium 170mg	<b>4%</b>

\* 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

Water Added; Hickory Smoked; Fully Cooked; Boneless

### Ingredients

Cured With: Water, Salt, Dextrose, Sodium Phosphates, Potassium Lactate, Potassium Acetate, 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

Make Farmland American Ham part of your breakfast, lunch and dinner menus. Serve thick grilled slices as a breakfast side dish, or cut ham into cubes and make a breakfast egg casserole. For lunch, build a gourmet ham sandwich on artisan bread, or create a hand-held "Ham 'n Salad Wrap" for your customers on the go. Create real eye appeal at your carving station with a glazed ham, or spoon warm maple apple salsa over ham slices, served with a baked sweet potato on the side.

### Prep & Cooking Suggestions

Prepare per package instructions.

### Product Specifications

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

MFG #	SPC #	GTIN	Pack	Pack Desc.
12860	914969	90070247128600	2	2/13# AVG

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
28.5lb	27lb	USA		

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15.13in	13.63in	7.5in	0.89ft3	8x7	100DAYS	0°F / 32°F



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### Nutrition Analysis

Calories	130	Total Fat	6g	Sodium	950mg
Protein	14	Trans Fats	0g	Calcium	
Total Carbohydrates...	2g	Saturated Fat	2.5g	Iron	
Sugars	2g	Added Sugars	0g	Potassium	170mg
Dietary Fiber	0g	Polyunsaturated Fat	1g	Zinc	
Lactose		Monounsaturated Fat	2g	Phosphorus	
Sucrose		Cholesterol	50mg		
Vitamin A(U)		Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C	0mg	Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2	
Monosodium		Sulphites		Nitrates	

### Additional Images

