



FARMLAND

916985 - Ham Cooked Sliced Water Added F2 F

Great source of protein.



# Nutrition Facts

Servings per Container 200  
Serving size 28gs (1oz)

Amount per serving  
**Calories 30**

	% Daily Value*
<b>Total Fat</b> 1g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 15mg	<b>5%</b>
<b>Sodium</b> 320mg	<b>14%</b>
<b>Total Carbohydrate</b> 1g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 1g	
Includes Added Sugar	<b>%</b>
<b>Protein</b> 5g	
Vitamin D	<b>%</b>
Calcium 0mg	<b>0%</b>
Iron 0mg	<b>0%</b>
Potassium	<b>%</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

Great source of protein.

## Ingredients

Cured with water, dextrose, contains 2% or less of trehalose, potassium lactate, salt, potassium chloride, rice flour, potassium and sodium phosphates, sodium diacetate, sodium erythorbate, sodium nitrite, smoke flavoring.

## 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

Prepare per package instructions.

## Product Specifications

Brand	Manufacturer	Product Category
FARMLAND	FARMLAND FOODS,INC.	Pork

MFG #	SPC #	GTIN	Pack	Pack Desc.
129397	916985	10070247129397	4	4/3#

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
12.85lb	12lb	USA		

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
12.94in	11.13in	4.19in	0.35INQ	12x3	180DAYS	0°F / 32°F



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Nutrition Analysis - By Serving

Calories	30	Total Fat	1g	Sodium	320mg
Protein	5	Trans Fats	0g	Calcium	0mg
Total Carbohydrates...	1g	Saturated Fat	0g	Iron	0mg
Sugars	1g	Added Sugars		Potassium	
Dietary Fiber	0g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	15mg		
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

