



Farmland Water Added Diced Smoked Ham, 1/4" Cubes, 2/5 Lb Bags, Frozen



Product Last Saved Date:05 February 2014

Nutrition Facts

Serving Size: 100 GR

Servings Per Container:

Amount Per Serving

Calories: 127 Calories from Fat: 41

% Daily Value*

Total Fat 4.5 g 5%

Saturated Fat 1.6 g 5%

Trans Fat 0 g

Cholesterol 54 mg 10%

Sodium 1212 28%

Total Carbohydrate 4.6 g 0%

Dietary Fiber 0 g 0%

Sugars 2.8 g

Protein 16.2 g

	Per Srv		Per Srv
Vitamin A	0%	Vitamin C	0%

Calcium	0%	Iron	0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram

Fat	9	Carbohydrate	4	Protein	4
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Product Specifications:

Man Prod Code	Dist Prod Code	GTIN	Units/Case	Unit/Measure	Serving/Case
70247141617		10070247141610			

Brand	Brand Owner	GPC Description
Farmland	Farmland Foods, Inc.	Pork - Prepared/Processed

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
10.9 LB	10 LB	US	No	No

Shipping Information

Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
11.625 IN	10.813 IN	4.5 IN	0.327 CF	12x12	180 Days	-10 FA / 0 FA

Ingredients :

CURED WITH: WATER, DEXTROSE, SALT, MODIFIED FOOD STARCH, POTASSIUM LACTATE, SODIUM PHOSPHATES, SODIUM DIACETATE, SODIUM ERYTHORBATE, SMOKE FLAVORING, SODIUM NITRITE. MAY CONTAIN SODIUM ASCORBATE

Handling Suggestions :

Vacuum packaged. Label firmly affixed to end panel of shipper.

Benefits :

Serving Suggestions :

Prep & Cooking Suggestions :

More Information :