

- Smithfield Menu Pride Flat Ham, Bronze Medal, Smoked, Ham a...

All Smithfield brands are driven by the love of meat, ours, yours and, of course, your customers. That's why our offerings are so vast; because we all need our pork and specialty prepared meats our way no one offers more. Smithfield Culinary offers everything you need to build your menu, from innovative culinary insights and ideas that help create head turning menu ideas. Smith...



**MARKETING**

Our hams are slow-smoked for a minimum of 5 hours using real hickory chips to ensure a rich mahogany color and deep aroma. That smoking process, coupled with our signature cure and pure honey flavor, creates an unforgettable ham.

**Nutrition Facts**

121 Servings per container

**Serving Size** 3 oz.

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**Amount Per Serving**

**Calories** 90

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% Daily Value\*

**Total Fat** 1.5 **2%**

Saturated Fat 0.5 g **3%**

Trans Fat 0 g

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**Cholesterol** 30 mg **10%**

**Sodium** 950 mg **40%**

**Total Carbohydrates** 7 g **2%**

Dietary Fiber 0 g **0%**

Total Sugars 5 g

Includes 5 g Added Sugars **%**

**Protein** 11 g

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Vitamin D 10.78 mcg 2%

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Calcium 4.08 mg 0%

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Iron 0.52 mg 2%

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Potassium 410 mg 12%

\* The % Daily Values (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.

**PRODUCT SPECIFICATIONS**

Code	Dist Prod Code	GTIN	Calculated Pack			
90070247190454	214403	90070247190454	2/11# AVG			
Brand	Brand Owner		GPC Description			
Smithfield	SMITHFIELD FOODS INC.		Pork - Prepared/Processed			
Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition	
23.29 LBR	22.24 LBR	Yes	United States	Undeclared	No	
Shipping						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15.75 INH	13.625 INH	5.125 INH	0.636 FTQ	8x11	100 Days	28 FAH / 32 FAH
Traceability Regulation						
Regulation Type Code	Regulatory Act	Trade Item Regulation Compliant	Regulation Restrictions and Descriptors			
N/A	N/A	N/A	N/A			

**HANDLING SUGGESTIONS**

Store and use per package instructions.

**ALLERGENS**

C = 'Contains'; MC = 'May Contain'; N = 'Free From'; UN = 'Undeclared'; INII = 'Intentionally nor Inherently Included'; 50 = 'Derived from Ingredients'; 60 = 'Not Derived From Ingredients'; NI = 'No Info'

- Milk - N
- Eggs - N
- Soybean - N
- Wheat - N
- Sesame - N
- Peanuts - N
- Tree - N
- Fish - N
- Shellfish - NI
- Crustaceans - N

**INGREDIENTS**

CURED WITH: WATER, DEXTROSE, SALT, CONTAINS 2% OR LESS OF: MODIFIED FOOD STARCH, POTASSIUM ACETATE, POTASSIUM LACTATE, SODIUM PHOSPHATES, SODIUM DIACETATE, SODIUM ERYTHORBATE, SODIUM NITRITE.

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## PREPARATION & COOKING SUGGESTIONS

No preparation required.

## SERVING SUGGESTIONS

Ham is the perfect holiday center piece or as a weekly meal , serve center of plate, with eggs, or as an addition to a grilled cheese sandwich

## MORE INFORMATION

## NUTRITIONAL ANALYSIS

Calories	90
Protein	11 g
Total Carbohydrates	7 g
Sugars	5 g
Dietary Fiber	0 g
Lactose	
Sucrose	
Vitamin A (IU)	0.63 0.63 iu
Vitamin A (RE)	0.63
Vitamin C	0 mg
Magnesium	
Monosodium	

Total Fat	1.5
Trans Fat	0 g
Saturated Fat	0.5 g
Added Sugars	5 g
Polyunsaturated Fat	0 g
Monounsaturated Fat	0.5 g
Cholesterol	30 mg
Vitamin D	10.78 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	950 mg
Calcium	4.08 mg
Iron	0.52 mg
Potassium	410 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

## NUTRITIONAL CLAIMS

## MORE IMAGES

