

- Pork Ham Bone In Skinless Style 6 Shank Removed

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.



MARKETING

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.

Nutrition Facts

124 Servings per container

Serving Size 4 ounce/112 gram

Amount Per Serving

Calories **250**

% Daily Value*

Total Fat 19 **29%**

Saturated Fat 7 g **33%**

Trans Fat 0 g

Cholesterol 75 mg **24%**

Sodium 310 mg **33%**

Total Carbohydrates 0 g **0%**

Dietary Fiber 0 g **0%**

Total Sugars 0 g

Includes Added Sugars %

Protein 17 g

Vitamin D 0%

Calcium 0%

Iron 4%

Potassium %

* 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			
13436	215343	90736490134361	2 pc bag/1 bag per box			
Brand		Brand Owner	GPC Description			
Prairie Fresh®		Seaboard Foods LLC	Pork - Unprepared/Unprocessed			
Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition	
33.37 LBR	31.5 LBR	Yes	United States	Undeclared	No	
Shipping						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
23.75 INH	12.875 INH	8.438 INH	1.493 FTQ	6x7	21 Days	28 FAH / 34 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

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.

ALLERGENS

C = 'Contains'; **MC** = 'May Contain'; **N** = 'Free From'; **UN** = 'Undeclared'; **INI** = '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
- Molluscs - N
- Peanuts - N
- Tree - N
- Fish - N
- Shellfish - N
- Crustaceans - N

INGREDIENTS

Pork

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PREPARATION & COOKING SUGGESTIONS

Cook until tender. Uncured hams should be heated to an internal temperature of 160 degrees F, followed by a 10-minute rest time.

SERVING SUGGESTIONS

To keep your ham moist and juicy when cooking, place the ham cut-side down inside a foil tent. Apricot-glazed ham. Apple Cider Ham with Molasses Glaze with a side of warm cabbage, farro and toasted walnut slaw.

MORE INFORMATION

NUTRITIONAL ANALYSIS

Calories	250
Protein	17 g
Total Carbohydrates	0 g
Sugars	0 g
Dietary Fiber	0 g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	19
Trans Fat	0 g
Saturated Fat	7 g
Added Sugars	
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	75 mg
Vitamin D	
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	310 mg
Calcium	
Iron	
Potassium	
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

NUTRITIONAL CLAIMS

FREE_FROM_GLU TEN	YES
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MORE IMAGES

