

- Cooks Fully Cooked Smoked Bone-In Ham, Ham and Water, 3/21 ...

All Cook's® 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. Cook's® Culinary offers everything you need to build your menu, from innovative culinary insights and ideas that help create head turning menu ideas.



MARKETING

One Cook's® Traditional Bone In Hickory Smoked Super Trim Ham. Deli smoked ham is perfectly smoked for mouthwatering pork flavor. Cut down on kitchen prep time with this fully cooked, ready to slice smoked ham. This bone in ham is super trim, so you get less bone, less fat and more sliceable, lean meat. Hickory smoked ham offers delicious, savory flavor. Ideal for piling on a ham sandwich or serving at family dinner. Pork is packaged to maintain long-term freshness

Nutrition Facts

100 Servings per container

Serving Size **3 oz.**

Amount Per Serving
Calories **130**

% Daily Value*

Total Fat 8 **10%**

Saturated Fat 3 g **15%**

Trans Fat 0 g

Cholesterol 40 mg **13%**

Sodium 980 mg **43%**

Total Carbohydrates 2 g **1%**

Dietary Fiber 0 g **0%**

Total Sugars 2 g

Includes 2 g Added Sugars **4%**

Protein 13 g

Vitamin D 0.3 mcg 0%

Calcium 0 mg 0%

Iron 0.5 mg 2%

Potassium 370 mg 8%

* 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			
90044200635054	219405	90044200635054	3/20 lbs avg			
Brand	Brand Owner		GPC Description			
Cooks	SMITHFIELD FOODS INC.		Pork - Prepared/Processed			
Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition	
66.602 LBR	63.42 LBR	Yes	United States	Undeclared	No	
Shipping						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
24 INH	15.75 INH	10.438 INH	2.283 FTQ	5x6	90 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 instruction.

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
- Peanuts - N
- Tree - N
- Fish - N
- Shellfish - NI
- Crustaceans - N

INGREDIENTS

Cured With: Water, Dextrose, Salt, Contains 2% or less of Sodium Phosphates, Potassium Lactate, Potassium Acetate, Sodium Diacetate, and Sodium Nitrite

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PREPARATION & COOKING SUGGESTIONS

Prepare per package instructions.

SERVING SUGGESTIONS

Serve as desired.

MORE INFORMATION

NUTRITIONAL ANALYSIS

Calories	130
Protein	13 g
Total Carbohydrates	2 g
Sugars	2 g
Dietary Fiber	0 g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	8
Trans Fat	0 g
Saturated Fat	3 g
Added Sugars	2 g
Polyunsaturated Fat	1 g
Monounsaturated Fat	3.5 g
Cholesterol	40 mg
Vitamin D	0.3 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	980 mg
Calcium	0 mg
Iron	0.5 mg
Potassium	370 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

NUTRITIONAL CLAIMS

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