

## - Cook's Spiral Bone-In Hickory Smoked Ham

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. Smit...



### MARKETING

From spiral and smoked to whole hams, ham steaks, and corned beef products, we offer a wide variety of fully cooked meats just waiting to be enjoyed.

## Nutrition Facts

53 Servings per container

**Serving Size** **3 oz**

**Amount Per Serving**  
**Calories** **140**

% Daily Value\*

**Total Fat** 7 **9%**

Saturated Fat 2.5 g **13%**

Trans Fat 0 g

**Cholesterol** 55 mg **18%**

**Sodium** 910 mg **40%**

**Total Carbohydrates** 5 g **2%**

Dietary Fiber 0 g **0%**

Total Sugars 4 g

Includes 4 g Added Sugars **8%**

**Protein** 14 g

Vitamin D 0.4 mcg 2%

Calcium 10 mg 0%

Iron 0.7 mg 4%

Potassium 730 mg 15%

\* 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			
90044200825455	219416	90044200825455	4/11# 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	
46.32 LBR	44.36 LBR	Yes	United States	Undeclared	No	
Shipping						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
19.5 INH	15.25 INH	8.25 INH	1.42 FTQ	6x7	90 Days	28 FAH / 32 FAH
Traceability Regulation						
Regulation Type Code	Regulatory Act	Trade Item Regulation Compliant	Regulation Restrictions and Descriptors			
TRACEABILITY_REGULATION	FSMA204	NOT_APPLICABLE	NOT_COVERED_BY_FTL			

### 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, HONEY, CONTAINS 2% OR LESS OF: SALT, DEXTROSE, POTASSIUM LACTATE, SODIUM PHOSPHATES, SODIUM DIACETATE, SODIUM ERYTHORBATE, SODIUM NITRITE.

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### PREPARATION & COOKING SUGGESTIONS

Prepare per package instructions.

### SERVING SUGGESTIONS

Serve as desired

### MORE INFORMATION

### NUTRITIONAL ANALYSIS

Calories	140
Protein	14 g
Total Carbohydrates	5 g
Sugars	4 g
Dietary Fiber	0 g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	7
Trans Fat	0 g
Saturated Fat	2.5 g
Added Sugars	4 g
Polyunsaturated Fat	0.5 g
Monounsaturated Fat	3 g
Cholesterol	55 mg
Vitamin D	0.4 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	910 mg
Calcium	10 mg
Iron	0.7 mg
Potassium	730 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

### NUTRITIONAL CLAIMS

### MORE IMAGES



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