Cooks

219416 - Cook's Spiral Bone-In Hickory Smoked Ham

Cook's® Bone-In Hickory Smoked Spiral Sliced Ham delivers rich, savory hickory flavor. This ready to eat bone in ham is gluten free. Cook's® sliced ham is hickory smoked to perfection. This fully cooked ham includes a packet of sweet ham glaze for the ideal combination of sweet and savory flavor. Enjoy Cook's® sliced hickory smoked ham for breakfast with pancakes or for dinner ...



MARKETING

One package of Cook's® Spiral Bone-In Hickory Smoked Ham. This hickory smoked spiral sliced ham is full of sweet, smoky flavor. Cook's® Spiral Bone-In Ham is gluten free, perfect for meeting your families various needs. This spiral cut ham is hickory smoked and includes a sweet glaze for burst of flavor in every bite. Enjoy this ham at family breakfast with buttery pancakes and fresh fruit or buffet style with all you can eat mashed potatoes and gravy. Cook's® ham comes packaged in airtight plastic to maintain freshness. Keep fully cooked ham refrigerated

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
45.37 LBR	43.41 LBR	Yes	United States	Undeclared	No

Shipping

Length	Width	Height	Volume	TIxHI	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

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.

HANDLING SUGGESTIONS

Store and use per package instruction.

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





