



Hormel Foods Corporation

1060523218 - Hml Ckd Ham Wa 1/13#

Made from select fresh hams for a high quality product; Firm texture and bind for optimum slicing; Cook-in-the-Bag method for virtually no purge or waste; Easy to open packages for time and labor savings; 95% fat free to appeal to health conscious consumers



Nutrition Facts

Serving Size: 56
Number of Servings per 0

Amount Per Serving

Calories: 70 Calories from Fat: 25

% Daily Value*

Total Fat	3 g	4%
Saturated Fat	1 g	5%
Trans Fat	0 g	
Cholesterol	25 mg	8%
Sodium	680 mg	30%
Total Carbohydrate	1 g	0%
Dietary Fiber	0 g	0%
Sugars	1 g	%
Protein	9 g	%

Vitamin A	Per Srv 0%	Vitamin C	Per Srv 0%
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Calcium 0% **Iron** 2%

*Percent DailyValues are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie

	Calories	2,000	2,500
Total Fat	Less than		
Sat. Fat	Less than		
Cholesterol	Less than		
Sodium	Less than		
Total Carbohydrate			
Dietary Fiber			

Calories per gram			
Fat	Carbohydrate		Protein

* Benefits

Ingredients

Cured with Water, Salt, Vinegar, Dextrose, Potassium Chloride, Sodium Phosphate, Sodium Erythorbate, Sodium Nitrite.

⚠ Allergens

Free From:

- crustaceans
- eggs
- fish
- dairy
- peanuts
- sesame
- soy
- tree nuts
- wheat

Handling Suggestions

RECOMMENDED TEMPERATURE: 34F. MINIMUM TEMPERATURE: 33F. MAXIMUM TEMPERATURE: 40F. STORAGE: KEEP REFRIGERATED.

Serving Suggestions

Slice for sandwiches, or dice and use as an ingredient. Perfect for serving either hot or cold.

Prep & Cooking Suggestions

HORMEL COOKED HAM can be served hot or cold. The product can be baked, grilled, broiled or fried.

📄 Product Specifications

Brand	Manufacturer	Product Category
Hormel	Hormel Foods Corporation	Ham, Deli, Steaks, Diced & Other

MFG #	SPC #	GTIN	Pack	Pack Desc.
08564	1060523218	10037600085646		1/13 lbs

Gross Weight	Net Weight	Catch Weight	Country of Origin	Kosher	Child Nutrition
14 lb	13 lb	No	USA		

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
12.8 in	6.5 in	5.4 in	0.26 ft3	21x7		33°F / 40°F



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HORMEL'S COOKED HAM is a flavorful, high quality cooked ham that's water added for an economica...



Nutrition Analysis

Calories	70 kcal	Total Fat	3 g	Sodium	680 mg
Protein	9 g	Trans Fats	0 g	Calcium	
Total Carbohydrates...	1 g	Saturated Fat	1 g	Iron	
Sugars	1 g	Polyunsaturated Fat		Potassium	190 mg
Dietary Fiber		Monounsaturated Fat		Zinc	
Lactose		Cholesterol	25 mg	Phosphorus	
Sucrose					
Vitamin A(IU)		Vitamin D		Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

Additional Images

