



**GFS Smoked Water-Added 4 Inch Round Hams, Boneless, 9 Pound Average, Fresh, 9 Lb Avg Piece, 2/Case**



Item Number: 271527

Made from whole muscle ham, this quality slicing ham is naturally hickory smoked for a savory flavor. The water added formula allows for this ham to be used in thick-cut steaks, or thin-cut sandwiches. This versatile variety can be used in either hot or cold applications.

- Round offers consistent, end-to-end shape when slicing
- Close-trimmed, provides a very lean whole-muscle ham with great flavor and pleasing appearance
- Made from a no dextrose formula to prevent charring in the oven

|        |                        |                      |
|--------|------------------------|----------------------|
|        |                        | QTY                  |
| 2/Case | \$1.89/lb<br>\$0.12/oz | <input type="text"/> |

**Nutrition**

Based On:  Rounding:

**Ingredients**

Ham cured with water, salt, sodium phosphate, sodium erythorbate, sodium nitrite. COMMON ALLERGENS PRESENT: None. Nutrition and Ingredient statement updated June 2013. The ingredient and nutrition information provided here reflects the current information provided to GFS by its suppliers. Prior to consuming the product, individuals with severe allergies should confirm the ingredient information on the actual label of the product.

**Nutrition Facts**

|  |                      |
|--|----------------------|
| Serving Size 3 oz (84g)                                  |                      |
| Amount Per Serving                                       |                      |
| <b>Calories 90</b>                                       | Calories From Fat 36 |
|  | % Daily Value *      |
| <b>Fat</b> 4g  | 6%                   |
| Saturated Fat1g  | 5%                   |
| Trans Fat0g  |                      |
| PolyUnsat. Fat   | n/a                  |
| MonoUnsat Fat  | n/a                  |
| <b>Cholesterol</b> 50mg                                  | 17%                  |
| <b>Sodium</b> 970mg                                      | 40%                  |
| <b>Potassium</b>   | n/a                  |
| <b>Carbohydrates</b> 0g                                  | n/a                  |
| Fiber0g  | n/a                  |
| Sugar0g  |                      |
| <b>Protein</b> 15g                                       | 30%                  |
| Vitamin A IU 0%    Vitamin C 0%    Calcium 0%    Iron 2% |                      |
| * Based on a 2000 calories diet                          |                      |
| <b>Calories Per Gram:</b>                                |                      |
| Fat: 9    Carbohydrates: 4    Protein: 4                 |                      |

**School Equivalents:**

|                       |     |
|-----------------------|-----|
| Child Nutrition Label | No  |
| Serving Size          | n/a |
| Meat/Meat Alternative | n/a |
| Fruit/Vegetables      | n/a |
| Grain/Breads          | n/a |

**Water Soluble Vitamins:**

|                  |      |
|------------------|------|
| Thiamin          | n/a  |
| Riboflavin       | n/a  |
| Niacin B3        | n/a  |
| Pantothenic Acid | n/a  |
| Folic Acid       | n/a  |
| Vitamin B6       | n/a  |
| Vitamin B12      | n/a  |
| Vitamin C        | 0 mg |

**Updated For New Final Rule:**

|                       |     |
|-----------------------|-----|
| Meat/Meat Alternative | n/a |
| Grain/Breads          | n/a |
| Fruit                 | n/a |
| Red/Orange            | n/a |
| Dark Green            | n/a |
| Starchy               | n/a |
| Beans/Peas            | n/a |
| Other                 | n/a |
| Notes:                | n/a |

**Fat Soluble Vitamins:**

|              |      |
|--------------|------|
| Vitamin D IU | n/a  |
| Vitamin E mg | n/a  |
| Vitamin K    | n/a  |
| Vitamin A IU | 0 IU |

**Minerals:**

|             |         |
|-------------|---------|
| Phosphorous | n/a     |
| Zinc        | n/a     |
| Magnesium   | n/a     |
| Copper      | n/a     |
| Selenium    | n/a     |
| Calcium     | 0 mg    |
| Iron        | 0.36 mg |
| Manganese   | n/a     |
| Iodine      | n/a     |