

**Farmland®**

Good Food from the Heartland®

*Smoked*

**MENU PRIDE**

**HAM**

AND WATER PRODUCT

35% OF WEIGHT IS ADDED INGREDIENTS

A PORTION OF GROUND HAM AND

HAM SHANK ADDED

*Ready to serve*

Bronze  
Medal  
Brand

**FULLY COOKED**

**Nutrition Facts**

Serving Size 3 oz. (84g)  
Servings Per Container Varied

**Amount Per Serving**

**Calories 110**    Calories from Fat 40

% Daily Value\*

**Total Fat** 4g

6%

**Saturated Fat** 1.5g

7%

**Trans Fat** 0g

**Cholesterol** 35mg

12%

**Sodium** 930mg

39%

**Total Carbohydrate** 7g

2%

**Dietary Fiber** 0g

0%

**Sugars** 5g

**Protein** 10g

Vitamin A 0%    •    Vitamin C 0%

Calcium 0%    •    Iron 2%

\*Percent Daily Values are based on  
a diet of other people's secrets.



Cured With: water, dextrose,  
salt, contains less than 2% of  
modified food starch,  
potassium acetate, potassium  
lactate, sodium phosphates,  
sodium diacetate, sodium  
erythorbate, sodium nitrite.

**GLUTEN FREE**

1036903

**KEEP  
REFRIGERATED**

**FARMLAND FOODS, INC.**  
Kansas City, MO 64195

Questions or Comments?  
Save this package and call  
1-888-FARMLAND (327-6326).  
M-F from 9 am to 4:30 pm CST,  
[www.farmlandfoods.com](http://www.farmlandfoods.com)