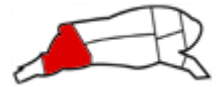


Dilgard Pork

Round BNLS Ham 11-13# AVG



Dilgard #
L03151 **FRESH**



PRODUCT INFORMATION This item is prepared from Item No. 401. All bones, cartilages, skin, flank muscle (*rectus abdominis*), *cutaneous trunci*, fat and lean above the aitch bone and exposed lymph glands shall be excluded. The tendinous ends of shanks shall be excluded so that the cross-sectional cut exposes not less than 75 percent lean. The loin end shall be exposed by a straight cut anterior to the *quadriceps femoris*. The cut shall not be less than 1.0 inch (2.5 cm) and not more than 3.0 inches (7.5 cm) from the anterior end of the femur pocket. Shank meat which is firmly attached may remain and shall be folded into the femur cavity. Unless specified otherwise by the purchaser this item shall be netted or tied.

REF: NAMP

Nutritional

Calories: 60
Calories from fat: 24
Total Fat: 2.67 g
Saturated fat: .93 g
Cholesterol: 27 mg
Protein: 8.33 mg
Calcium: 2 mg
Iron .32 mg
Sodium: 18 mg

Packaging

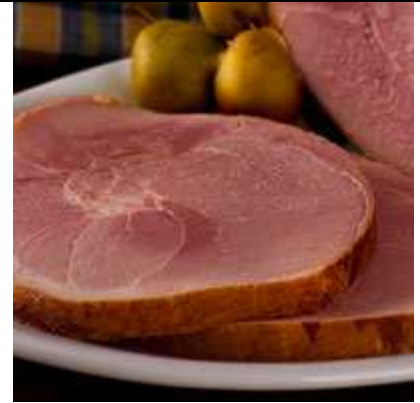
3 3.5 LB RANDOM WEIGHT

Storage

REFRIGERATE

Shelf Life

Refrigerated 2-3 days, Freezer 6-12 Months



Pork Facts:

Pork is eaten in several forms, mostly cooked Pork can also be processed into different forms, which may also extend the shelf life of the product, with the resultant products being cured (some hams, including the Italian *prosciutto*) or smoked or a combination of these methods (other hams, gammon, bacon or *pancetta*).