

USDA Foods Product Information Sheet

For Child Nutrition Programs



100184—Ham, 97% Fat Free, Cooked, Water-Added, Whole

Category: **Meat/Meat Alternate**



PRODUCT DESCRIPTION

This item is a 97% fat free, water-added cured ham. This is a fully-cooked item that is shipped frozen. This product is delivered in cases containing four 10-pound hams.

CREDITING/YIELD

- One case of ham provides about 525 1.22 ounce portions of ham.
- CN Crediting: 1.22 ounces of ham credit as 1 ounce equivalent meat/meat alternate.

CULINARY TIPS AND RECIPES

- Whole ham can be glazed and served as a main entrée or used as a protein component in dishes such as ham and potato soup, split pea soup, or egg dishes.
- Ham can also be used to add flavor to side dishes, such as collard greens or bean dishes.
- For more culinary techniques and recipe ideas visit [NFSMI](#) or [Team Nutrition](#).

FOOD SAFETY INFORMATION

- For more information on safe storage and cooking temperatures, and safe handling practices please refer to: [Developing a School Food Safety Program Based on the Process Approach to HACCP Principles](#).

NUTRITION FACTS

Serving size: 1.22 ounce (34 g)/1 MMA ham, reduced-sodium

Amount Per Serving

Calories 37

Total Fat 2g

Saturated Fat 1g

Trans Fat 0g

Cholesterol 18mg

Sodium 232mg

Total Carbohydrate 2g

Dietary Fiber 0g

Sugars 1g

Protein 5g

Source: USDA Foods Vendor Labels

Allergen Information: Please refer to allergen statement on the outside of the product package for vendor-specific information. For more information, please contact the product manufacturer.

Nutrient values in this section are from the USDA National Nutrient Database for Standard Reference or are representative values from USDA Foods vendor labels. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.