

COOKED, DICED HAM FOR SALADS

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-43925
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Ham, CKD, Frozen, 97% FF Commodity 100184	1 1/4 Ounce	UNSPECIFIED	100184

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Ounce

Amount Per Serving			
Calories	37.91		
Fat	2.05g		
SaturatedFat	1.02g		
Trans Fat	0.00g		
Cholesterol	18.44mg		
Sodium	237.70mg		
Carbohydrates	2.05g		
Fiber	0.00g		
Sugar	1.02g		
Protein	5.12g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

Calories	133.72		
Fat	7.23g		
SaturatedFat	3.61g		
Trans Fat	0.00g		
Cholesterol	65.05mg		
Sodium	838.48mg		
Carbohydrates	7.23g		
Fiber	0.00g		
Sugar	3.61g		
Protein	18.07g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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