

USDA Foods Product Information Sheet

For Child Nutrition Programs



100188—Ham, 97% Fat Free, Cooked, Water-Added, Diced

Category: Meat/Meat Alternate



PRODUCT DESCRIPTION

This item is a 97% fat free, water-added cured ham. This product is fully-cooked and diced in pieces that are approximately 1/4 inch. This product is delivered frozen in cases containing eight 5-pound packages.

CREDITING/YIELD

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

CULINARY TIPS AND RECIPES

- Diced ham can be used as a protein component in dishes such as navy bean or split pea soups, ham and potato casserole, omelets, or salads.
- 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.