



Burke Marketing Corporation

002821 - Ham Cooked Diced 19208

CONSISTENT: Always the same flavor, size and appearance. CONVENIENT: Simply open a bag, measure or weigh the amount you need, and add to your recipes without waste.

SAFE: Never worry about the dangers associated with raw meat.



Nutrition Facts

Serving Size: 56 Gram

Number of Servings per 81

Amount Per Serving

Calories: 56.34

Calories from Fat: 12.05

% Daily Value*

Total Fat 1.34 g 2%

Saturated Fat 0.44 g 2%

Trans Fat 0 g

Cholesterol 22.96 mg 8%

Sodium 660.8 mg 29%

Total Carbohydrate 2.91 g 3%

Dietary Fiber 0 g 0%

Sugars 1.69 g %

Protein 8.17 g %

Vitamin A	Per Srv	0%	Vitamin C	Per Srv	0%
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Calcium	0%	Iron	2%
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*Percent DailyValues are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie

	Calories	2,000	2,500
Total Fat	Less than		
Sat. Fat	Less than		
Cholesterol	Less than		
Sodium	Less than		
Total Carbohydrate			
Dietary Fiber			
Calories per gram			
Fat	Carbohydrate		Protein

* Benefits

Ingredients

Pork, Water, Potassium Lactate, Dextrose, Salt, Corn Syrup Solids, Modified Corn Starch, Sodium Phosphates, Natural Flavors, Smoke Flavoring, Sodium Erythorbate, Sodium Nitrite.

Allergens

Free From:

- crustaceans
- eggs
- fish
- dairy
- peanuts
- sesame
- soy
- tree nuts
- wheat

Handling Suggestions

Can be stored at 0 degrees F for 9 months. Can be thawed and stored at 35 degrees F or below for 5 days maximum.

Serving Suggestions

Add to your Specialty Pizza, Pasta Dishes, Sandwiches, Antipasto, Salad/Potato Bars, Quiche & Frittatas and Casseroles. Visit www.BurkeCorp.com/Recipes for menu ideas & recipes.

Prep & Cooking Suggestions

Fully cooked products; use frozen or thawed. Simply open a bag, measure or weigh only the amount you need, and add to your recipes without waste. If using a microwave, do not overheat.

Product Specifications

Brand	Manufacturer	Product Category
BURKE	Burke Marketing Corporation	Ham, Smoked or Cured (Carving)

MFG #	SPC #	GTIN	Pack	Pack Desc.
19208	002821	10020534192085	2	2 x 5 LB / CS

Gross Weight	Net Weight	Catch Weight	Country of Origin	Kosher	Child Nutrition
10.56 lb	10 lb	No	USA		

Shipping Information						
Length	Width	Height	Volume	Tlx/Hi	Shelf Life	Storage Temp From/To
12 in	9.31 in	7 in	0.45 ft3	17x10	270 DAYS	0°F / 0°F



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Nutrition Analysis

Calories	56.34 kcal	Total Fat	1.34 g	Sodium	660.8 mg
Protein	8.17	Trans Fats	0 g	Calcium	1.47 mg
Total Carbohydrates...	2.91 g	Saturated Fat	0.44 g	Iron	0.36 mg
Sugars	1.69 g	Polyunsaturated Fat		Potassium	432.88 mg
Dietary Fiber		Monounsaturated Fat		Zinc	
Lactose		Cholesterol	22.96 mg	Phosphorus	
Sucrose					
Vitamin A(IU)		Vitamin D	0 mg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C	0.45 mg	Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

Additional Images

