



HEALTHY ONES

003281 - Ham Sliced Virginia Natural Juices

If you love ham, you'll really love Healthy Ones Ham. 97% fat free and made from juicy, tender pork, each Healthy Ones Ham variety is bursting with pure goodness. So stack your sandwiches high with our Honey Roasted Ham, or satisfy your craving with Healthy Ones Cooked, Smoked or Virginia Brand Ham. Whichever variety you choo...



Nutrition Facts

Serving size	56 Gram
Amount per serving	
Calories	60
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0.5g	2%
<i>Trans Fat</i> 0g	
Cholesterol 30mg	10%
Sodium 350mg	15%
Total Carbohydrate 2g	0%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 1g Added Sugars	2%
Protein 11g	
Vitamin D 9.52mg	47%
Calcium 5.9mg	0%
Iron 0.5mg	2%
Potassium 640mg	13%

* Benefits

Virginia Brand; With Natural Juices, Made in Minnesota; Browned With Caramel Color

Ingredients

Ham, Water, Contains 2% Or Less Of Sugar, Salt, Potassium Lactate, Sodium Diacetate, Sodium Erythorbate, Sodium Nitrite, Sodium Phosphate, Caramel Color.

⚠ Allergens

Free From:

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

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Handling Suggestions

Fully Cooked. Keep Refrigerated.

Serving Suggestions

Serve as desired.

Prep & Cooking Suggestions

Ready to eat

📄 Product Specifications

Brand	Manufacturer	Product Category
HEALTHY ONES	The Smithfield Packing	Ham, Deli, Steaks, Diced & Other

MFG #	SPC #	GTIN	Pack	Pack Desc.
00030900325880	003281	20030900325884		6 x 32 OZ / CS

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
13.01 lb	12 LB	USA	No	

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
13.37 in	9.87 in	6 in	0.46 FT3	12x10	95 DAYS	28°F / 32°F



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Nutrition Analysis

Calories	60 kcal	Total Fat	2 g	Sodium	350 mg
Protein	11	Trans Fats	0 g	Calcium	5.9 mg
Total Carbohydrates...	2 g	Saturated Fat	0.5 g	Iron	0.5 mg
Sugars	1 g	Added Sugars	1 g	Potassium	640 mg
Dietary Fiber	0 g	Polyunsaturated Fat	0 g	Zinc	
Lactose		Monounsaturated Fat	1 g	Phosphorus	
Sucrose		Cholesterol	30 mg		
Vitamin A(IU)	0.07 NIU	Vitamin D	9.52 mg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C	0 mg	Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

Additional Images

