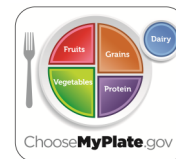




## USDA Foods in Schools

### 100184 - Ham, 97% Fat Free, Cooked, 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 frozen 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 recipes such as egg dishes or soups.
- Ham can also be used to add flavor to side dishes, such as collard greens or bean dishes.
- For culinary techniques and recipe ideas, visit the [Institute of Child Nutrition](#) or [USDA's 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](#).

Visit us at [www.fns.usda.gov/usda-fis](http://www.fns.usda.gov/usda-fis)

#### 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 directly.

Nutrient values in this section are from the USDA FoodData Central 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.