



USDA Foods in Schools

100187 - Ham, 97% Fat Free, Cooked, Sliced
Category: **Meat/Meat Alternate**



Product Description

- This item is a 97% fat free, water-added cured ham. This product is fully-cooked and thinly sliced in round or square-shaped pieces that are approximately 4 inches across. 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

- Sliced ham can be used as a protein component on sandwiches and wraps or incorporated into egg dishes or chicken dishes.
- 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

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 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.