

ARTISANAL SMOKED MEATS HANDCRAFTED IN SMALL BATCHES



# NORTH COUNTRY SMOKEHOUSE

## ORIGINAL APPLEWOOD SMOKED BLACK FOREST BONELESS HAM



The Applewood Smoked Black Forest Ham is a classic. We start by marinating our pork in a secret blend of spices and maple syrup. Once the curing process is complete the hams are double smoked to deliver a rich flavor, sought after by Chef's worldwide. The density of the smoke compliments the sweetness of the ham to create a truly unique taste.

INGREDIENTS	PORK, WATER, MAPLE SYRUP, VINEGAR, SODIUM PHOSPHATE, CULTURED ONION POWDER (CULTURED ONION POWDER, SEA SALT), SODIUM NITRITE, SALT, CANE AND MAPLE SUGARS, SODIUM ERYTHORBATE, SPICE EXTRACTIVES, CAMEL COLOR.
PRODUCT CODE	20160
UPC CODE	791545201600
PRODUCT SIZE	9-11 LB CATCH
CASE COUNT	2 PER CASE
NET WEIGHT	18-22 LB CATCH
FRESH / FROZEN	FRESH & FULLY COOKED
BOX DIMENSION	14.75" x 10.5" x 8.5"
CUBE	.76
PALLET COUNT	80
TI / HI	8 LAYERS OF 10 BOXES
SHELF LIFE	90 DAYS FRESH/ 1 YEAR FROZEN

**NO** FILLERS

**NO** DYES

**NO** MSG

**NO** ARTIFICIAL FLAVORS

Proudly Made in New England by North Country Smokehouse, Claremont, New Hampshire  
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### 100g Nutritional Values

Parameter	Value:		Value 2.00/oz
Moisture	73.94	gm/100gm	41.92gm
Protein	19.20	gm/100gm	10.88gm
Total Fat	2.35	gm/100gm	1.33gm
Calories from Fat	21.15	cal/100gm	11.99cal
Ash	3.10	gm/100gm	1.75gm
Calories	103.59	cal/100gm	58.73cal
Carbohydrates	1.41	gm/100gm	0.79gm
Calcium	2.00	mg/100gm	1.13mg
Sodium	851.00	mg/100gm	482.51mg
Vitamin D	0.00	IU/100gm	0.00IU
Potassium	362.00	mg/100gm	205.25mg
Iron	1.01	mg/100gm	0.57mg
Saturated Fat	0.90	gm/100gm	0.51gm
Monounsaturated Fat	1.10	gm/100gm	0.62gm
Polyunsaturated Fat	0.40	gm/100gm	0.22gm
Trans Fat	0.10	gm/100gm	0.05gm
Cholesterol	42.00	mg/100gm	23.81mg
Total Dietary Fiber	0.00	gm/100gm	0.00gm
Sugars	1.37	gm/100gm	0.77gm

gm=grams, mg=miligrams, IU=International Units, <=Less Than

Values on this report are actual analytical results. Label declarations may require rounding or conversion to % Daily Value or serving size



North Country Smokehouse holds the SQF Quality Shield, awarded by the The Safe Quality Food Institute (SQFI), a universal, farm-to-fork safety & compliance program recognized by the Global Food Safety Initiative.



### Microbiological Properties

Parameter	Value
Standard Plate Count /g	<40,000*
Total Coliforms MPN /g	<10
E. Coli MPN /g	<10
Coag. + Staph MPN /g	<10
Yeast /g	<500*
Mold /g	<200*
Lactic Acid Bacteria /g	<500*
Salmonella species /g	Negative
Listeria Species /25g	Negative

\*estimated count, <less than, > greater than

### Nutritional Values per Serving

#### Nutrition Facts

Varied Servings Per Container  
Serving Size 2oz. (56g)

**Amount per serving**  
**Calories 60**

**% Daily Value**

**Total Fat** 2g 2%

Saturated Fat 0.5g 3%

Trans Fat 0g

**Cholesterol** 24mg 8%

**Sodium** 485mg 21%

**Total Carbohydrates** 1g 0%

Dietary Fiber 0g 0%

Total Sugars 1g

Includes 0g Added Sugars 0%

**Protein** 11g

Vitamin D 0mcg 0%

Calcium 6mg 0%

Iron 0.5mg 2%

Potassium 205mg 3%

\* 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.