

ARTISANAL SMOKED MEATS HANDCRAFTED IN SMALL BATCHES



ORIGINAL APPLEWOOD SMOKED BONELESS HAM



Our master butchers hand select lean hams and remove the bone so you get nothing but amazingly moist, delicious meat. This lush ham is naturally tender and ready for slicing onto brunch plates or piling high on a sandwich. This ham is fully cooked and cured in a maple brine before being smoked low & slow for several hours over smoldering embers of choice hardwoods.

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.
PRODUCT CODE	20200
UPC CODE	791545202003
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
Phone: 603-543-0234 | Toll-Free: 800-258-4303 | E-mail: orders@ncsmokehouse.com



100g Nutritional Values

Parameter	Value:		Value 3.00/oz
Moisture	74.49	gm/100gm	63.35 gm
Protein	20.43	gm/100gm	17.37gm
Total Fat	1.00	gm/100gm	0.85gm
Calories from Fat	8.97	cal/100gm	7.62cal
Ash	3.11	gm/100gm	2.64gm
Calories	94.60	cal/100gm	80.45cal
Carbohydrates	0.98	gm/100gm	0.83gm
Calcium	10.00	mg/100gm	8.50mg
Sodium	778.17	mg/100gm	661.83mg
Vitamin D	8.00	IU/100gm	6.80IU
Potassium	239.00	mg/100gm	203.26mg
Iron	0.60	mg/100gm	0.51mg
Saturated Fat	0.40	gm/100gm	0.34gm
Monounsaturated Fat	0.50	gm/100gm	0.42gm
Polyunsaturated Fat	0.10	gm/100gm	0.08gm
Trans Fat	0.00	gm/100gm	0.00gm
Cholesterol	52.00	mg/100gm	44.22mg
Total Dietary Fiber	0.00	gm/100gm	0.00gm
Sugars	0.30	gm/100gm	0.25gm

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 50

% Daily Value

Total Fat 0.6g	1%
Saturated Fat 2g	11%
<i>Trans Fat</i> 0g	
Cholesterol 30mg	10%
Sodium 440mg	19%
Total Carbohydrates 1g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 12g	
Vitamin D 0mcg	0%
Calcium 6mcg	0%
Iron 0.5mg	2%
Potassium 136mg	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.