

Wickford Smoked Leg Ham

Product Code:	HWF	Retail Barcode:	9421900078134
Barcode GTIN:	99421900078137		
Unit Weight (kg):	Halves 3.5-4.5		
Tare Weight:	0.02 kg		
Units Per Carton:	Count: 5		
Slice Weight Slices/kg Diameter	0		
Country of Manufacture & Country of Origin of Cured Pork Component	Made in New Zealand from imported and local ingredients. Pork butchered in the following countries may have been used in the production of this product: Australia, Canada, Denmark, Germany, Ireland, New Zealand, Poland, Spain, Sweden, United States of America. These countries may not always reflect the country the animal has been raised in.		
Shelf Life (Days):	84		
Storage:	1°C - 4°C		

PRODUCT DESCRIPTION

A boneless leg ham piece cured with natural flavours and naturally wood smoked.

INGREDIENTS

Pork (60%), Water, Potato Starch, Tapioca Starch, Salt, Acidity Regulators (451, 452, 331, 262), Sugar, Stabilisers (407a, 415, Pork Protein), Maltodextrin, Antioxidants (316, 392), Colour (120), Preservative (250), Natural Smoke Flavour.

Allergen Advice:	N/A
Claims:	97% Fat Free
Health Star Rating:	3.5

NUTRITION INFORMATION

Servings per kg	10		
Serving Size (g):	100		
	Avg Quantity Per Serving	%DI Per Serving	Avg Quantity Per 100g
Energy (kJ)	354	4%	354
Energy (Cal)	85		85
Protein (g)	14.2	28%	14.2
Fat - Total (g)	1.5	2%	1.5
- Saturated (g)	0.5	2%	0.5
Carbohydrates (g)	4.8	2%	4.8
- Sugars (g)	0.4	0%	0.4
Sodium (mg)	865	38%	865

*Percentage Daily Intakes are based on an average adult diet of 8700kJ. Your daily intake may be higher or lower depending on your energy needs.