

Cook's®
Spiral Sliced
Bone-In
Hickory Smoked Ham
 With Natural Juices Includes Glaze Packet
 With *Maple* Glaze!

Pre-Sliced Fully Cooked
 Packet of Maple Glaze Enclosed

Handling: If serving within 7-10 days of purchase, keep ham refrigerated. For longer storage, we suggest freezing the ham. For best results, use within 3 months.

Estimated heating times:
 Half Ham - 2 Hours
 Whole Ham - 3 Hours
 Heat at 275°F for 12-15 minutes per pound.

For detailed heating and carving instructions, peel off label and refer to back.

Keep Refrigerated

For information on Cook's products, great recipes and serving ideas, visit us at www.CooksHam.com

Cook's Ham, Inc., Lincoln, NE 68508
 1-800-332-8400

Nutrition Facts
 Serving Size 3 oz. Ham and 1/2 tsp. glaze (87g)
 Servings Per Container Varied

Amount Per Serving	Ham with Glaze	Ham
Calories	170	160
Calories from Fat	90	90
% Daily Value*		
Total Fat 10g **	15%	15%
Saturated Fat 3.5g	18%	18%
Trans Fat 0g		
Cholesterol 50mg	17%	17%
Sodium 1000mg	42%	42%
Total Carbohydrate 6g	2%	1%
Sugars 5g		
Protein 14g	28%	28%
Iron 4%		

Not a significant source of dietary fiber, vitamin A, vitamin C, and calcium.
 **Amount in ham with glaze
 *Percent Daily Values are based on a 2,000 calorie diet.

CURED WITH: Water, Salt, Sugar, Sodium Phosphate, Brown Sugar, Sodium Erythorbate, Sodium Nitrite.

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Serving Suggestion

Label Code

Establishment Number

Use By Date and Lot Number (will always be stamped on label or packaging - never pre-printed)

Lot Number and Use By Date (will always be stamped on label or packaging - never pre-printed)

Cook's®
 Super Trim/Hickory Smoked
Classic Semi-Boneless Half Ham
 Water Added
 Ready-To-Cook Keep Refrigerated
 REDUCED SODIUM
 This is at least 25% less sodium than our regular product. Sodium content has been lowered from 1680 mg to 1230 mg per serving.
 Cook approx. 25 minutes per pound at 325°F until product center reaches 160°F.
 For detailed cooking and carving instructions, remove plastic package and refer to back of label.
 For information on Cook's products, great recipes and serving ideas, visit us at www.CooksHam.com
 Cured With: Water, Salt, Sugar, Sodium Phosphate, Sodium Nitrite.

Nutrition Facts
 Serving Size 4 oz. (112g)
 Servings Per Container Varied

Amount Per Serving	
Calories	180
Calories from Fat	110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 1230mg	51%
Total Carbohydrate 3g	1%
Sugars 1g	
Protein 15g	30%
Iron 5%	

Not a significant source of dietary fiber, vitamin A, vitamin C, and calcium.
 *Percent Daily Values are based on a 2,000 calorie diet.

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No Center Steaks Removed

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 Cook's Ham, Inc., Lincoln, NE 68508
 1-800-332-8400
 Tare .06 Lbs.

Label Code

Establishment Number