

**GFS Honey Smoked Ham, Shaved,  
97% Fat Free, Fresh, 2 Lb Package,  
6/Case**Item Number: 779160  

Sliced and honey-smoked, this quality deli meat is fully cooked and ready-to-serve. Made from whole muscle, center-cut ham, it is ideal for use in cold sandwiches or hot melts.

- Shaved thin for fast and easy preparation, reducing labor, and eliminating knife use
- Reclosable bags for easy storage, handling, and portion control


Case (6/2 Pound Package)

\$0.25/oz

**\$47.29**[Print](#)

## Nutrition

Based On:

AP Ham, Honey, Deli, Shaved, Fresh, GFS 

Rounding:

On 

### Ingredients

Cured With: Water, Honey, Vinegar, Contains 2% or Less of the Following: Salt, Sugar, Sodium Phosphate, Sodium Erythorbate, Sodium Nitrite. COMMON ALLERGENS PRESENT: None. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated July 2017. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

### Nutrition Facts

Serving Size 2 oz (56g)	
Amount Per Serving	
<b>Calories 70</b>	Calories From Fat 13.5
	% Daily Value *
<b>Fat 1.5g</b>	2%
Saturated Fat 0.5g	3%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
<b>Cholesterol 25mg</b>	8%
<b>Sodium 400mg</b>	17%
<b>Potassium 560mg</b>	16%
<b>Carbohydrates 3g</b>	1%
Fiber 0g	n/a
Sugar 3g	
<b>Protein 10g</b>	20%
Vitamin A 1U 0%   Vitamin C 0%   Calcium 0%   Iron 2%	
* Based on a 2000 calorie diet	
<b>Calories Per Gram:</b>	
Fat: 9   Carbohydrates: 4   Protein: 4	

**School Equivalents:**

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

**Water Soluble Vitamins:**

Thiamin	n/a
Riboflavin	n/a
Niacin B3	n/a
Pantothenic Acid	n/a
Folic Acid	n/a
Vitamin B6	n/a
Vitamin B12	n/a
Vitamin C	0 mg

**Updated For New Final Rule:**

Meat/Meat Alternative	n/a
Grain/Breads	n/a
Fruit	n/a
Red/Orange	n/a
Dark Green	n/a
Starchy	n/a
Beans/Peas	n/a
Other	n/a
Notes:	n/a

**Fat Soluble Vitamins:**

Vitamin D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	0 IU

**Minerals:**

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	0 mg
Iron	0.36 mg
Manganese	n/a
Iodine	n/a