



The Bread Factory
Unit 12, Garrick Road Industrial Estate, Irving Way, London NW9 6AQ
020 8457 2080

Product Name	INGREDIENT Cooked Ham 300g (48hr)		
Product Code	F SWF07522 CK		
Product Description			
Allergens		Contains	Trace
	(Tree) Nuts	no	no
	Celery	no	no
	Crustaceans	no	no
	Eggs	no	no
	Fish	no	no
	Gluten	no	no
	Lupin	no	no
	Milk	no	no
	Molluscs	no	no
	Mustard	no	no
	Peanut	no	no
	Sesame	no	no
	Soya	no	no
	Sulphites	no	no
Ingredients	Ham (100%) (Pork, Water, Salt, Stabilizer (Di Sodium Di Phosphate, Penta Sodium Tri Phosphate, Sodium Polyphosphate), Antioxidant (Sodium L-Ascorbate), Preservatives (Sodium Nitrite, Potassium Nitrate))		
Claims			
Serving Size	g		
Shelf Life	3 Days		
Nutrition		Per 100g	Per Serving
	Energy (kj)	456.056	456.056
	Energy (kcal)	109	109
	Fat (g)	2	2
	Saturates (g)	0.7	0.7
	Carbohydrates(g)	1.5	1.5
	Total Sugars (g)	1.4	1.4
	Protein (g)	21.3	21.3
	Salt (g)	1.63	1.63
	Fibre (g)	0	0
Storage Conditions	Chilled		
Additional Information	Dimension LxWxH (mm): n/a Dimension tolerance: +/- 10% Nomimal (minimum) weight (g): 300 Target (+10%): 330 Number of slices or portions: n/a		