

## 1000053 Boneless Gammon Joint



**Pack Size:** X KILO

**Details:** Order by the kilo - cut to size. Bake in the oven after boiling to create tasty ham for slicing.  
\*When ordering this product, please note that it is sold by weight (X KILO) so leave the quantity as 1, click on the speech bubble and leave clear instructions about what you require as a message.

### Allergen Information

**Free from:**

Cereal, Celery, Crustaceans, Eggs, Fish, Gluten, Lupin, Milk, Molluscs, Mustard, Nuts, Peanuts, Sesame, Sulphur Dioxide, Soya

### Handling Information

**Directions For Use:**

Cook until Juices run clear and are free from pink colour. Ensure the product is fully cooked before consumption.

**Storage Instructions:**

Keep Refrigerated

### Product Ingredients

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Pork (85 %), Water, Salt, Preservatives (E250, E252), Antioxidant (E301), Acidity Regulator (Sodium Bicarbonate)

### Nutritional Information

**Typical Values per 100g/ml:**

Based on a reference intake of an average adult (8400kJ/2000kCal) diet

**Energy:**

201 kcal / 838 kJ

**Fat:**

13.7 g

**of which saturates:**

5.31 g

**Carbohydrates:**

0.5 g

**of which sugars:**

0.5 g

**Fibre:**

0.5 g

**Protein:**

19.48 g

**Salt:**

3.75 g

All product information is correct at time of upload. Information may change so please check the packaging before use.

If allergen information is not presented here, please obtain it from the product packaging or speak with our QA Department.

