



HAM, WATER ADDED, FULLY COOKED, FROZEN

Date: November 2012

Code: 100182

PRODUCT DESCRIPTION

- Frozen ham is a fully cooked, cured, boneless ham with salt and water added. It is 97% fat free and 4 to 4 ½ inches in diameter.

PACK/YIELD

- Frozen ham is packed in 3 pound packages, which is about 10 servings (3 ounces each).

STORAGE

- Keep ham frozen at 0 degrees F until ready to use.
- After cooking, store any leftover ham a container not made from metal in the refrigerator. Use within 2 days.
- Look at the “Best if used by” or “Best by” date on the package.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at: <http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

PREPARATION/COOKING

- To thaw ham in the refrigerator, place wrapped ham on a plate or in a bowl on the lowest shelf to catch any dripping or juice. Thaw overnight or for at least 10 to 12 hours.
- DO NOT thaw ham on countertops or at room temperature.
- If eating ham heated, heat immediately after thawing; ham should be heated to an internal temperature of 140 degrees F. You cannot tell food is cooked safely by how it looks. Only a food thermometer can show the right temperature. Cooked ham may still be pink even though it is cooked through.
- To heat: Remove wrapping. Place ham in pan. If frozen, roast in an oven for 3½ to 4 hours at 325 degrees F. If thawed, roast in an oven for 1 to 1 ½ hours at 325 degrees F.

USES AND TIPS

- Because this ham is fully cooked, it may be eaten cold after thawing, if you like.
- Use sliced ham in sandwiches, or slice or chop and sprinkle on top of salads or soups.
- Use sliced or chopped ham in omelets, casseroles, or on top of pizzas.
- Serve sliced ham with vegetables or a salad, and rice or potatoes for a complete meal.

NUTRITION FACTS

Serving size: 3 ounces (85g) ham

Amount Per Serving

Calories 130 **Calories from Fat** 60

% Daily Value*

Total Fat 6g **10%**

Saturated Fat 1.5g **7%**

Trans Fat 0g

Cholesterol 60mg **20%**

Sodium 980mg **40%**

Total Carbohydrate 0g **0%**

Dietary Fiber 0g **0%**

Sugars 0g

Protein 16g

Vitamin A 0% Vitamin C 30%

Calcium 0% Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet.

NUTRITION INFORMATION

- 1 ounce of cooked ham counts as 1 ounce in the MyPlate Protein group. For a 2,000-calorie diet, the daily recommendation is about 5 ½ ounces. A serving of meat is about 3 ounces.

FOOD SAFETY INFORMATION

- Keep frozen until ready to use; follow proper directions listed under Preparation/Cooking.
- Always thaw in the refrigerator.

OTHER RESOURCES

- www.nutrition.gov
- www.choosemyplate.gov
- www.fns.usda.gov/fdd/

POTATO AND HAM SKILLET WITH EGGS

MAKES ABOUT 6 SERVINGS

Ingredients

- 2 potatoes, peeled and diced
- 2 tablespoons vegetable oil
- 2 small onions, chopped
- 1 green pepper, chopped
- 6 eggs, beaten
- ¼ teaspoon black pepper
- 6 ounces (about 1 cup) frozen ham, thawed and chopped
- 1 cup reduced fat cheddar cheese, shredded

Directions

1. In a medium-size skillet, cook potatoes in oil over medium heat until just soft, about 5 to 10 minutes.
2. Stir in onion, green peppers, and ham, and cook 5 minutes.
3. Pour eggs and black pepper over potato mixture in pan, and sprinkle with cheese.
4. Cook for 5 minutes, stirring occasionally, or until eggs are firm and cheese is melted.

Nutritional Information for 1 serving (about ½ cup) of Potato and Ham Skillet with Eggs							
Calories	290	Cholesterol	245 mg	Sugar	4 g	Vitamin C	75 mg
Calories from Fat	140	Sodium	540 mg	Protein	19 g	Calcium	218 mg
Total Fat	15 g	Total Carbohydrate	19 g	Vitamin A	141 RAE	Iron	2 mg
Saturated Fat	5 g	Dietary Fiber	3 g				

Recipe adapted from Commodity Supplemental Food Program Cookbook

HAM AND PASTA SALAD

MAKES ABOUT 6 SERVINGS

Ingredients

- 2 cup macaroni, uncooked
- 4 tablespoons light mayonnaise
- 1 small onion, chopped
- 2 stalks celery, chopped
- 1 green pepper, chopped
- 1 teaspoon mustard
- 1 teaspoon garlic powder
- ¼ teaspoon black pepper
- 6 ounces (about 1 cup) frozen ham, thawed and chopped

Directions

1. Cook macaroni according to package directions. Rinse with cold water until macaroni is cool.
2. Combine all ingredients in a large bowl, mixing well.
3. Refrigerate for at least 1 hour before serving.

Nutritional Information for 1 serving (about 1 cup) of Ham and Pasta Salad							
Calories	220	Cholesterol	20 mg	Sugar	2 g	Vitamin C	24 mg
Calories from Fat	50	Sodium	430 mg	Protein	10 g	Calcium	35 mg
Total Fat	6 g	Total Carbohydrate	29 g	Vitamin A	7 RAE	Iron	2 mg
Saturated Fat	1 g	Dietary Fiber	2 g				

Recipe adapted from Commodity Supplemental Food Program Cookbook