## Ham

Component: Meat/Meat Alt Recipe #

	50 Servings		Servings		
Ingredients	Weight	Measure	Weight	Measure	Directions
Ham, cured, fully cooked, chilled or frozen OR Ham, water added	7 lb 5 oz OR 11 lb 8 oz				<ol> <li>Preheat oven to 325 degrees</li> <li>Place whole ham in large roasting pan with fat side up.</li> <li>Cook the ham uncovered for 3 hours and 30 minutes or until the internal temperature reaches 165 degrees for 15 seconds.</li> </ol>

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Nutrient information from Food Processor

Marketing Guide for Selected Items				
Food as Purchased for	50 Servings	100 Servings		

Serving: 2 oz cooked meat	Yield:	Volume:	
1-2 years: ½ serving	50 Servings:	50 Servings:	
3-5 years: ¾ serving			
6-18 years: 1 serving	100 Servings:	100 Servings:	

<b>Nutrients Per Servi</b>	ng				
Calories	84.48 kcal	Saturated Fat	0.96 g	Iron	0.48 mg
Protein	10.68 g	Cholesterol	41.39 mg	Calcium	3.40 mg
Carbohydrate	0.0 g	Vitamin A	0 RAE mcg	Sodium	654.87 mg
Total Fat	4.32 g	Vitamin C	13.21 mg	Dietary Fiber (2016)	0 g