

USDA Foods

Ham, Water Added, Fully Cooked, Frozen

MyPlate Food Group: **Protein**



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.

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.

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 Information

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

Resources

- www.nutrition.gov
- www.foodsafety.gov

Nutrition Facts

Serving size: 3 ounces (85g) ham

Amount Per Serving

Calories 130 **Calories from Fat** 60

-% Daily Value*

Total Fat 5g	8%
Saturated Fat 1.5g	7%
<i>Trans Fat</i> 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.

This sheet is intended for individuals and families receiving USDA Foods to use at home. Nutrient Values in the Nutrition Facts panel are from the USDA National Nutrient Database for Standard Reference, or are average values from vendors who provide USDA Foods. Please refer to the product's Nutrition Facts panel or ingredient list for product-specific information.

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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.

Recipe adapted from Commodity Supplemental Food Program Cookbook, <http://www.ncsfpa.org/nutrition/>

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.

Recipe adapted from Commodity Supplemental Food Program Cookbook, <http://www.ncsfpa.org/nutrition/>