USDA Foods

Ham, Smoked Pit, Water Added, Fully-Cooked, Frozen

MyPlate Food Group: **Protein**

Product Description

- This ham is a boneless, cured product, with a rich mahogany color.
- Ham is a lower-fat food. Ham is a good source of protein.

Storage

- Store unopened frozen ham in the freezer.
- For best quality, store unused portion (after open) in a sealed air-tight container or freezer safe bag to keep out moisture and other contaminants.

Uses and Tips

- Ham should reach an internal temperature of at least 140°F before eating. Also, allow to rest for 3 minutes prior to consuming.
- Refrigerate any leftovers quickly because cold temperatures keep most harmful bacteria from multiplying.

Nutrition Information

- 1 ounce of cooked ham counts as 1 ounce in the ChooseMyPlate.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: 1 ounce (28g) pork, cured, ham, boneless, cooked, heated

Amount Per Serving	
Calories 42	Calories from Fat 18
	-% Daily Value*
Total Fat 2g	**3%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Cholesterol 21mg	**7%**
Sodium 327mg	**14%**
Total Carbohydrate 0g	**0%**
Dietary Fiber 0g	**0%**
Sugars 0g	
Protein 5g	
Vitamin A 0%	Vitamin C 9%
Calcium 0%	Iron 1%

*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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Ham and Cheese Breakfast Casserole

Makes about 6 servings

Ingredients

6 ounces ham, thinly sliced
6 ounces cheese, shredded
6 slices bread
1 cup milk
2 eggs
1 Tablespoon yellow mustard
1/2 teaspoon garlic
1/2 teaspoon Worcestershire sauce
1 teaspoon onion powder

Directions

1. Lightly spray an 8x8 inch baking pan with non-stick spray or lightly grease with butter/oil.
2. Lay 3 slices of bread on the bottom of pan. Layer 1/2 the ham and 1/2 the cheese on top. Repeat layer of bread, ham, and cheese.
3. Beat together remaining ingredients and pour over the casserole. Cover and refrigerate overnight.
4. Bake, un-covered for 1 hour at 325°F
5. Serve hot.

Recipe adapted from What's Cooking? USDA Mixing Bowl

Ham and Potato Soup

Makes about 8 servings

Ingredients

3 1/2 cups potatoes, peeled and diced
1/3 cup celery, diced
1/3 cup onion, finely chopped
3/4 cup cooked ham, diced
3 1/4 cups water
2 Tablespoons chicken bouillon granules
1/2 teaspoon salt
1 teaspoon pepper
5 Tablespoons butter
5 Tablespoons all-purpose flour
2 cups milk

Directions

1. Combine the potatoes, celery, onion, ham, and water in a stockpot. Bring to a boil then cook over medium heat until potatoes are tender, about 10-15 minutes. Stir in the chicken bouillon, salt, and pepper.
2. In a separate saucepan, melt butter over medium-low heat. Whisk in flour with a fork, and cook, stirring constantly until thick, about 1 minute. Slowly stir in milk, as not to allow lumps to form, until all the milk has been added. Continue stirring over medium-low heat until thick, about 4-5 minutes.
3. Stir the milk mixture into the stockpot, and cook soup until heated through.
4. Serve immediately.

Recipe adapted from allrecipes.com