

Ham Shanks/Hocks

Pack Size: X KILO *

Product Description:

The hock/shank removed from the gammon. A very versatile cut of meat: use in fritters, pies, salads and casseroles or make your own terrine.

*This product is sold by weight (X KILO). Please clearly describe what you require by clicking the 'Add message' speech bubble instead of amending the quantity.

Brand: Pioneer Quality Meats



Ingredient Declaration: Pork (87%), Water, Salt, Dextrose, Sodium Bicarbonate, Preservatives (E250, E252), Antioxidant (E301)

Allergens:

NOT APPLICABLE N/A

Additional Allergen Information:

Barley	No	Almond nuts	No
Oats	No	Brazil nuts	No
Rye	No	Cashew nuts	No
Wheat (including Spelt and Khorasan)	No	Hazelnuts	No
		Macadamia (Queensland) nuts	No
		Pecan nuts	No
		Pistachio nuts	No
		Walnuts	No

Diet Suitability:

NOT APPLICABLE N/A

Nutritional Information:

Nutrient	per 100g/ml
Energy (kJ/kcal)	173 kcal / 720 kJ
Fat	11 g
of which Saturates	3.9 g
Carbohydrate	0.5 g
of which Sugars	0.5 g
Fibre	No Data
Protein	16.5 g
Salt	2.7 g

Directions For Use:

Ham shank is best suited to long, slow cooking. You can preheat the oven to 200°C, cover the ham shank, and cook to fully cooked.

Storage Instructions:

Keep refrigerated.

Shelf Life Once Open:

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.