



FRESHWAYS
PRODUCT INFORMATION REPORT

PRODUCT CODE: 101798

BRANDING: Freshways On The Go

PRODUCT NAME: Simply Ham

MARKETING DESCRIPTOR: Handmade Simply Ham on Soft White Loaf

LEGAL DESCRIPTOR: Cooked formed ham with added water on white bread.

UNIT DECLARED WEIGHT: 103g e

UNITS PER CASE: N/A

PRODUCED AT: Freshways Ltd., Poppintree, Finglas, Dublin 11, Ireland.

FRESHWAYS
PRODUCT INFORMATION REPORT

GENETIC MODIFICATION

Substance	Contained	Comments
Genetically Modified Material	No	

INGREDIENT DECLARATION

INGREDIENTS: White Bread [Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Salt, Yeast, **Soya** Flour, Emulsifier (Mono- and Diglycerides of Fatty Acids), Flour Treatment Agents (Ascorbic Acid, L-Cysteine), Rapeseed Oil, Palm Fat, **Wheat** Starch], Cooked Formed Ham with Added Water (27%) [Pork, Water, Salt, Dextrose, Stabilisers (Triphosphates, Polyphosphates, Diphosphates), Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite)], Reduced Fat Spread [Vegetable Oils (Rapeseed, Palm), Water, Salt, Whey Powder (**Milk**), Emulsifier (Mono- and Diglycerides of Fatty Acids), Preservative (Potassium Sorbate), Acidity Regulator (Citric Acid), Flavouring, Vitamin A, Colour (Carotenes), Vitamin D].

ALLERGY ADVICE

For allergens, including cereals containing gluten, see ingredients in **bold**.

SUITABLE FOR DETAILS

Suitable For	Yes / No	Comments
Ovo-lacto Vegetarians	No	
Vegans	No	



FRESHWAYS PRODUCT INFORMATION REPORT

WARNING/CAUTION STATEMENTS

Although every care has been taken to remove bones, some may remain.

NUTRITION/HEALTH CLAIMS

On Pack Nutrition/Health Claims	Can the claim be made
No claims made on pack	N/A

DURABILITY DATA

Display Until/Use By (End Of): DDMMM

USE BY & STORAGE INSTRUCTIONS

USE BY: See front of pack.

STORAGE: Keep refrigerated <5 ° C. Not suitable for home freezing. Once opened, consume immediately.



FRESHWAYS
PRODUCT INFORMATION REPORT

NUTRITION INFORMATION

Typical Values		Per 100g	Per Pack (103g)	%RI* Per Pack
Energy	kJ	882	908	11%
	kcal	209	215	
Fat	g	4.3	4.4	6%
of which saturates	g	1.2	1.2	6%
Carbohydrate	g	30	31	
of which sugars	g	1.7	1.8	2%
Fibre	g	1.7	1.8	
Protein	g	12	13	
Salt	g	1.5	1.5	25%

This pack contains 1 serving.

*Reference intake of an average adult (8400kJ/2000kcal).

Note: Nutrition information rounded as per EU rounding guidelines.

ADDITIONAL INFORMATION

No artificial flavours or colours.

No Mayo.

Country of origin statement FOP – Made using EU pork.

BARCODE

5391526155431

PACKAGING

Primary

Freshways Pre-Printed Cardboard Skillet with Window Film.

Author: Tanay Jain

Position: NPI & Specifications Specialist

Issue No: 2

Date: 21.01.25