

PARMA HAM “ETICHETTA NERA”

Minimum curing 18 months.



PARMA HAM

on the bone

| | | | | |
|--|---|---|--|---|
| Ingredients: the best Italian pork and a modest quantity of marine salt | | | | |
| Salting: manual | Size: da Kg 9,5 | Sugnatura: sugna bianca | Curing: minimum 540 days | Packaging: in protective paper |
| Production process: according to the provisions of the Protected Designation of Origin in compliance with Law N° 26/90 and Regulation (CE) N. 1107/96 | | | | |
| Best before: none; its consumption is re- commended within 24 months from the salting date | Cartoning: 2 pieces per carton | Carton dimensions: cm. 60b.x18h. 39p. | Storage temperature: +12°/+15°C. | |

Colesterol 76 mg per 100 gr of ham (without external fat)

Analytical composition of the lipidic content:

•Oleic acid 48.80% • Linoleic acid 11.34 • Stearic acid 11.30%

For a total of unsaturated fatty acids of more than 70%.

Their antiatherogenous action is fundamental in the prevention of arteriosclerosis.

| PRODUCT - quality per 100g. | Fats | Energy (Kcal) |
|------------------------------------|-------------|----------------------|
| Parma ham, fraz. magra | 3,85 | 138 |
| Parma ham, tal quale | 13 | 224 |
| Cooked ham | 14,7 | 215 |
| Defatted chicken breast | 4,3 | 170 |
| Rosty turkey (not defatted) | 8,1 | 160 |
| Roast veal | 13 | 219 |
| Beaf steak on the bone | 16,9 | 234 |

Fonte: stazione sperimentale per l'industria delle conserve alimentari.



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