

PARMA HAM “ETICHETTA ROSSA”

Minimum curing 16 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 480 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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