



# Lomo Ioin 6/3lb

# Lomo Iberico.

PRODUCT OF SPAIN.

55603



FROZEN SAVORY

MEATS

IBERICO PORK

## Product Description

- It is a fat-free lumbosacral comon mass, which extends in the longissimus dorsi muscle, semispinalis illocostal chest of the Iberian pig.

## Pack and Case Specifications

Pack Net Weight

1.35Kg

Packs per Case

6

Units per Pack

6

Case Size (LxWxH)

15.5"x 11.6"x 6"

Case Cube

0.62ft3

Case Gross Weight

19.84lb

Cases per Pallet

80 (8/10)

## Ingredients

Iberico pork Loim.

## Physical

Consistency: firm and compact.  
Morphology: cylindrical.  
Weight: 2.6lb - 3.3 /lb.

## Nutrition

### Nutrition Facts

Serving Size (100g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 150</b>	<b>Calories from Fat 45</b>
% Daily Values*	
<b>Total Fat 5g</b>	<b>8%</b>
Saturated Fat 2g	10%
Trans Fat 0g	
<b>Cholesterol 50mg</b>	<b>17%</b>
<b>Sodium 0mg</b>	<b>0%</b>
<b>Total Carbohydrate 0g</b>	<b>0%</b>
Dietary Fiber 0g	0%
Sugars 0g	
<b>Protein 30g</b>	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 4%

\*Percent Daily Values are based on a diet of 2,000 calories a day. Your daily values may be higher or lower depending on your calorie needs:

Calories	2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 30g	35g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	30g	375g
Dietary Fiber	25g	30g

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

## Organoleptic

Color: dark red.  
Flavor: juicy and distinctive.

## Allergens

NONE.

## Cooking Directions

### Oven.

Pre-heat the oven at 200°C and keep the meat inside for about 20 minutes. The cooking time depends on the recipe. As a general rule: the Iberico meat is a red meat and therefore does not have to be overcooked.

## Certificates and Claims

GLUTEN FREE.

## Storage and Shelf Life

Shelf life: 548 days from date of manufacture, as long as the storage recommendations are followed.  
Storage: Keep frozen, -0.4 F°.

## UPC code

