



SARMATIAN HAM GOLD

The Sarmatian ham is a great product originating from the Polish and Southern European charcuterie tradition. A special composition of spices and a long maturation process provide excellent taste that will appeal to every lover of meat classic. This cold cut is characterised by high meat content (160 g of pork was used to produce 100 g of product). It is recommended as an addition to sandwiches, toast, and casseroles. It is also great as an independent snack.

NUTRITIONAL VALUE PER 100 G:

energy	245 kcal
fat	11 g
sugar	1 g
saturated fatty acids	3.5 g
protein	33 g
carbohydrates	3.4 g
salt	5.1 g