

Supplier's Product Code :
Product Added :
Last Updated by Supplier :
erudus id :

29187
11 September 2025
11 September 2025
82f151b9b2574d2ca86c4d2eb8732e3b



The information on the [Erudus System](#) has been supplied by the manufacturers of the products and, whilst the owners of the Erudus System take steps to ensure the information is regularly updated, they give no warranty and no guarantee that the information is accurate. Product information and ingredients may change, please always read product labels carefully in addition to using the information provided by Erudus One.

We do not accept liability for any inaccuracies or incorrect information contained on this site. Please visit <http://www.erudus.com/terms-and-conditions> for full terms and conditions.

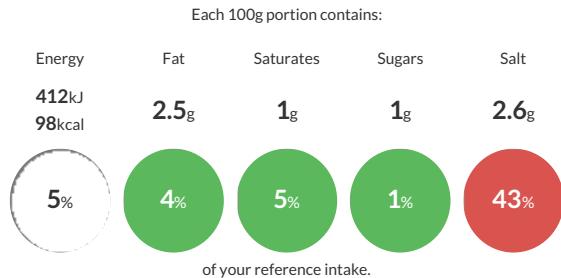
Sysco Essentials Wafer Thin Smoked Ham

Short Product Name:
Wafer Thin Smoked Ham

Reformed from cuts of pork with added water

Traded Unit GTIN: [05024333218371](#) Internal GTIN: [5024333103967](#) Supplier: [Sysco GB Limited](#) Suppliers Product Code: [29187](#)

Reference Intake



Typical values per 100g : Energy 412kJ 98kcal

Nutritional Information

Typical Values	Per 100g
Energy	412kJ 98kCal
Carbohydrates	3.9g
of which sugars	1g
Fat	2.5g
of which saturates	1g
Fibre	0.6g
Protein	15g
Salt	2.6g

Allergy Information

Key: [Contains](#) [May Contain](#)

	Does Not Contain Cereal/Gluten		Does Not Contain Milk		Does Not Contain Eggs		Does Not Contain Peanuts		Does Not Contain Nuts		Does Not Contain Crustaceans		Does Not Contain Mustard
	Does Not Contain Fish		Does Not Contain Lupin		Does Not Contain Sesame		Does Not Contain Celery		Does Not Contain Soya		Does Not Contain Molluscs		Does Not Contain Sulphur Dioxide

Dietary Information

Key: [Suitable for](#)

	May not be suitable for Vegetarian		May not be suitable for Vegan		NO DATA for Kosher		NO DATA for Halal		NO DATA for Coeliac
--	------------------------------------	--	-------------------------------	--	--------------------	--	-------------------	--	---------------------

Ingredients

Pork (70%), Water, Salt, Potato Starch, Stabilisers (Carrageenan, Diphosphates, Triphosphates), Dextrose, Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite).