

NUTRITIONAL FACTS & RECIPES

# Boar's Head

COMPROMISE ELSEWHERE.





Made with Ovengold, Turkey Breast  
& Sharp Wisconsin Cheddar Cheese

Standard serving size for turkey and cheese are 2 oz and 1 oz, respectively. This sandwich contains 1.5 servings of turkey and 1 serving of cheese.





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## CERTIFICATIONS & PARTNERSHIPS

### CERTIFICATIONS

American Heart Association® Heart-Check Food Certification

 denotes product is certified heart healthy by the American Heart Association®

The below Boar's Head® products are certified by the American Heart Association because they meet their requirements for heart healthy foods as part of a healthy eating pattern. We met their standards simply by living up to our own.



Please note: the Heart-Check Food Certification does not apply to recipes, unless expressly stated. For more information, see the Heart-Check Food Certification nutrition guidelines at: [heartcheckmark.org/guidelines](http://heartcheckmark.org/guidelines)

### TURKEY

Cracked Pepper Mill® Smoked Turkey Breast

Golden Roasted Turkey Breast

- 43% Lower Sodium

Maple Glazed Honey Coat® Turkey Breast

Mesquite Wood Smoked- Turkey Breast

- 32% Lower Sodium

No Salt Added Turkey Breast

Our Premium Lower Sodium Turkey Breast

- 46% Lower Sodium - Skinless

Ovengold® Turkey Breast

Pastrami Seasoned Turkey Breast

### BEEF

Londonport® Top Round Roast Beef

### CHICKEN

All American BBQ Chicken Breast

Blazing Buffalo® Style Chicken Breast

EverRoast® Chicken Breast

Golden Classic® Chicken Breast

- 42% Lower Sodium

Lemon Pepper Chicken Breast

Rotisserie Seasoned Chicken Breast

### BACON

Canadian Style Uncured Bacon

- With Natural Juices

### PARTNERSHIPS

The Feingold® Association



denotes product is included on the Feingold® Food List

The Feingold Association of the United States is a non-profit organization whose purpose is to generate public awareness of the role of food and synthetic additives in behavior, learning and health. For a complete list of qualifying products please visit <https://boarshead.com/nutrition-wellness/certifications-partnerships/feingold>



**ALL BOAR'S HEAD® MEATS, CHEESES, SPREADS & CONDIMENTS ARE GLUTEN FREE.**



# WORRIED ABOUT SALT?



Boar's Head is proud to offer a complete line of lower sodium meats and cheeses.

Premium Delicatessen Meats • 2 oz (56g) Serving Unless Noted	Sodium	% DV
<b>Branded Deluxe Ham</b> - 42% Lower Sodium	480mg <sup>1</sup>	20%
<b>SmokeMaster Beechwood Smoked® Black Forest Ham - With Natural Juices</b> - 31% Lower Sodium	460mg <sup>2</sup>	19%
<b>33% Lower Sodium Bologna</b>	360mg <sup>3</sup>	15%
<b>Our Premium Lower Sodium Turkey Breast</b> - 46% Lower Sodium - Skinless	360mg <sup>4</sup>	15%
<b>Ovengold® Roasted Turkey Breast</b> - 46% Lower Sodium	360mg <sup>4</sup>	15%
<b>Hickory Smoked Black Forest Turkey Breast</b> - 40% Lower Sodium	390mg <sup>5</sup>	16%
<b>Deluxe Low Sodium Roast Beef</b> - Cap Off Top Round	80mg <sup>6</sup>	3%
<b>No Salt Added Turkey Breast</b>	55mg <sup>7</sup>	2%
<b>No Salt Added Roast Beef</b>	40mg <sup>7</sup>	2%
<b>Mesquite Wood Smoked- Roasted Turkey Breast</b> - 32% Lower Sodium	440mg <sup>8</sup>	18%
<b>Golden Roasted Turkey Breast</b> - 43% Lower Sodium	380mg <sup>9</sup>	16%
<b>Golden Classic® Chicken Breast</b> - 42% Lower Sodium	350mg <sup>10</sup>	15%
<b>All Natural* Oven Roasted Beef</b>	140 mg	6%

Premium Delicatessen Cheeses • 1 oz (28g) Serving	Sodium	% DV
<b>43% Lower Sodium Provolone Cheese</b>	140mg <sup>11</sup>	6%
<b>Lacey Swiss Cheese</b>	60mg <sup>6</sup>	3%
<b>Low Sodium Muenster Cheese</b>	75mg <sup>12</sup>	3%
<b>Imported Switzerland Swiss® Cheese</b>	60mg <sup>6</sup>	2%
<b>33% Lower Fat - 36% Lower Sodium American Cheese</b> - Reduced Fat Pasteurized Process American Cheese	300mg <sup>13</sup>	13%

1. 42% lower sodium than USDA data for regular boneless roasted ham.

2. 31% less sodium than the USDA data for extra lean roasted ham.

3. 33% lower sodium than USDA data for bologna.

4. 46% lower sodium than USDA data for deli cut white rotisserie turkey.

5. 40% lower sodium than USDA data for smoked turkey with lemon pepper flavor.

6. Naturally low in sodium.

7. Not a sodium-free food.

8. 32% lower sodium than USDA data for smoked turkey with lemon pepper flavor.

9. 43% lower sodium than USDA data for deli cut white rotisserie turkey.

10. 42% lower sodium than USDA data for oven roasted deli sliced chicken breast.

11. 43% lower sodium than USDA data for regular provolone cheese.

12. Sodium 75mg per serving.

13. 36% less sodium 33% less fat than the USDA data for pasteurized process American cheese.

DV=Daily Value

\*No artificial ingredients, minimally processed.



# BEEF NUTRITION FACTS

## DELUXE LOW SODIUM ROAST BEEF - CAP-OFF TOP ROUND



### Nutrition Facts

Serv size: 2 oz (56g), Servings:  
Varied, Amount Per Serving:

Calories	Total fat	Cholest	Sodium	Protein
90	3 g	35 mg	80 mg	15 g

**Calories** 90, **Fat cal** 25, **Total fat** 3g (4% DV), **Sat fat** 1g (6% DV), **Trans fat** 0g, **Monounsat fat** 1.5g, **Polyunsat fat** 0g, **Cholest** 35mg (12% DV), **Sodium** 80mg (3% DV), **Potassium** 180mg (5% DV), **Total carb** <1g (0% DV), **Fiber** 0g (0% DV), **Sugars** 0g, **Protein** 15g (30% DV), **Vitamin A** (0% DV), **Vitamin C** (0% DV), **Calcium** (0% DV), **Iron** (8% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

## SEASONED FILET OF ROAST BEEF - CAP-OFF TOP ROUND



### Nutrition Facts

Serv size: 2 oz (56g), Servings:  
Varied, Amount Per Serving:

Calories	Total fat	Cholest	Sodium	Protein
90	3 g	40 mg	230 mg	14 g

**Calories** 90, **Fat cal** 30, **Total fat** 3g (5% DV), **Sat fat** 1.5g (7% DV), **Trans fat** 0g, **Monounsat fat** 1.5g, **Polyunsat fat** 0g, **Cholest** 40mg (13% DV), **Sodium** 230mg (10% DV), **Total carb** 0g (0% DV), **Fiber** 0g (0% DV), **Sugars** 0g, **Protein** 14g (28% DV), **Vitamin A** (0% DV), **Vitamin C** (0% DV), **Calcium** (0% DV), **Iron** (10% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

## CORNED BEEF TOP ROUND - CAP-OFF



### Nutrition Facts

Serv size: 2 oz (56g), Servings:  
Varied, Amount Per Serving:

Calories	Total fat	Cholest	Sodium	Protein
80	2.5 g	30 mg	490 mg	14 g

**Calories** 80, **Fat cal** 25, **Total fat** 2.5g (4% DV), **Sat fat** 1g (6% DV), **Trans fat** 0g, **Monounsat fat** 1g, **Polyunsat fat** 0g, **Cholest** 30mg (10% DV), **Sodium** 490mg (20% DV), **Total carb** 0g (0% DV), **Fiber** 0g (0% DV), **Sugars** 0g, **Protein** 14g (27% DV), **Vitamin A** (0% DV), **Vitamin C** (0% DV), **Calcium** (0% DV), **Iron** (10% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

## FIRST CUT CORNED BEEF BRISKET



### Nutrition Facts

Serv size: 2.5 oz (66g) Cooked, Servings:  
Varied, Amount Per Serving:

Calories	Total fat	Cholest	Sodium	Protein
130	7 g	60 mg	380 mg	18 g

**Calories** 130, **Fat cal** 60, **Total fat** 7g (11% DV), **Sat fat** 2.5g (13% DV), **Trans fat** 0g, **Monounsat fat** 3.5g, **Polyunsat fat** 0g, **Cholest** 60mg (21% DV), **Sodium** 380mg (16% DV), **Potassium** 135mg (4% DV), **Total carb** 0g (0% DV), **Fiber** 0g (0% DV), **Sugars** 0g, **Protein** 18g (35% DV), **Vitamin A** (0% DV), **Vitamin C** (0% DV), **Calcium** (0% DV), **Iron** (15% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

## TOP ROUND PASTRAMI - CAP OFF



### Nutrition Facts

Serv size: 2 oz (56g), Servings:  
Varied, Amount Per Serving:

Calories	Total fat	Cholest	Sodium	Protein
80	3 g	30 mg	600 mg	13 g

**Calories** 80, **Fat cal** 30, **Total fat** 3g (5% DV), **Sat fat** 1g (6% DV), **Trans fat** 0g, **Monounsat fat** 1.5g, **Polyunsat fat** 0g, **Cholest** 30mg (11% DV), **Sodium** 600mg (25% DV), **Total carb** <1g (0% DV), **Fiber** 0g (0% DV), **Sugars** 0g, **Protein** 13g (26% DV), **Vitamin A** (0% DV), **Vitamin C** (0% DV), **Calcium** (0% DV), **Iron** (8% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.



# BEEF NUTRITION FACTS

## FIRST CUT PASTRAMI BRISKET



### Nutrition Facts

Serv size: 2 oz (56g), Servings:  
Varied, Amount Per Serving:

**Calories** 90, **Fat cal** 35, **Total fat** 4g (6% DV), **Sat fat** 1.5g (7% DV), **Trans fat** 0g, **Monounsaturat fat** 2g, **Polyunsaturat fat** 0g, **Cholest** 30mg (10% DV), **Sodium** 670mg (28% DV), **Total carb** 2g (1% DV), **Fiber** 0g (0% DV), **Sugars** 0g, **Protein** 12g (25% DV), **Vitamin A** (0% DV), **Vitamin C** (0% DV), **Calcium** (0% DV), **Iron** (8% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

Calories	Total fat	Cholest	Sodium	Protein
90	4 g	30 mg	670 mg	12 g

## NO SALT ADDED ROAST BEEF



### Nutrition Facts

Serv size: 2 oz (56g), Servings:  
Varied, Amount Per Serving:

**Calories** 90, **Fat cal** 30, **Total fat** 3.5g (5% DV), **Sat fat** 1.5g (7% DV), **Trans fat** 0g, **Monounsaturat fat** 2g, **Polyunsaturat fat** 0g, **Cholest** 35mg (11% DV), **Sodium** 40mg (2% DV), **Potassium** 170mg (5% DV), **Total carb** 0g (0% DV), **Fiber** 0g (0% DV), **Sugars** 0g, **Protein** 14g (28% DV), **Vitamin A** (0% DV), **Vitamin C** (0% DV), **Calcium** (0% DV), **Iron** (10% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

Calories	Total fat	Cholest	Sodium	Protein
90	3.5 g	35 mg	40 mg	14 g

## LONDONPORT. TOP ROUND ROAST BEEF



### Nutrition Facts

Serv size: 2 oz (56g), Servings:  
Varied, Amount Per Serving:

**Calories** 80, **Fat cal** 25, **Total fat** 2.5g (4% DV), **Sat fat** 1g (5% DV), **Trans fat** 0g, **Monounsaturat fat** 1g, **Polyunsaturat fat** 0g, **Cholest** 40mg (14% DV), **Sodium** 350mg (15% DV), **Potassium** 200mg (6% DV), **Total carb** 2g (1% DV), **Fiber** 0g (0% DV), **Sugars** 2g (21% DV), **Vitamin A** (0% DV), **Vitamin C** (0% DV), **Calcium** (0% DV), **Iron** (8% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

Calories	Total fat	Cholest	Sodium	Protein
80	2.5 g	40 mg	350 mg	12 g

## LONDON BROIL ROAST BEEF - CAP-OFF TOP ROUND



### Nutrition Facts

Serv size: 2 oz (56g), Servings:  
Varied, Amount Per Serving:

**Calories** 70, **Fat cal** 25, **Total fat** 3g (5% DV), **Sat fat** 1g (5% DV), **Trans fat** 0g, **Monounsaturat fat** 1.5g, **Polyunsaturat fat** 0g, **Cholest** 25mg (8% DV), **Sodium** 310mg (13% DV), **Total carb** 0g (0% DV), **Fiber** 0g (0% DV), **Sugars** 0g, **Protein** 12g (24% DV), **Vitamin A** (0% DV), **Vitamin C** (0% DV), **Calcium** (0% DV), **Iron** (8% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

Calories	Total fat	Cholest	Sodium	Protein
70	3 g	25 mg	310 mg	12 g





**33% LOWER SODIUM BOLOGNA**



**Nutrition Facts**

Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:

Calories	Total fat	Cholest	Sodium	Protein
150	13 g	30 mg	360 mg	8 g

**Calories** 150, **Fat cal** 110, **Total fat** 13g (20% DV), **Sat fat** 4.5g (23% DV), **Trans fat** 0g, **Monounsaturated fat** 6g, **Polyunsaturated fat** 1.5g, **Cholesterol** 30mg (10% DV), **Sodium** 360mg (15% DV), **Potassium** 125mg (4% DV), **Total carb** 0g (0% DV), **Fiber** 0g (0% DV), **Sugars** 0g, **Protein** 8g (15% DV), **Vitamin A** (0% DV), **Vitamin C** (0% DV), **Calcium** (0% DV), **Iron** (4% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.



**BEEF BOLOGNA**



**Nutrition Facts**

Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:

Calories	Total fat	Cholest	Sodium	Protein
150	13 g	35 mg	520 mg	7 g

**Calories** 150, **Fat cal** 120, **Total fat** 13g (21% DV), **Sat fat** 4g (19% DV), **Monounsaturated fat** 5g, **Polyunsaturated fat** 0g, **Cholesterol** 35mg (11% DV), **Sodium** 520mg (22% DV), **Potassium** 115mg (3% DV), **Total carb** 0g (0% DV), **Fiber** 0g (0% DV), **Sugars** 0g, **Protein** 7g (14% DV), **Vitamin A** (0% DV), **Vitamin C** (0% DV), **Calcium** (0% DV), **Iron** (4% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.



**GARLIC BOLOGNA**



**Nutrition Facts**

Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:

Calories	Total fat	Cholest	Sodium	Protein
150	13 g	35 mg	530 mg	7 g

**Calories** 150, **Fat cal** 120, **Total fat** 13g (21% DV), **Sat fat** 4.5g (22% DV), **Trans fat** 0g, **Monounsaturated fat** 6g, **Polyunsaturated fat** 1g, **Cholesterol** 35mg (11% DV), **Sodium** 530mg (22% DV), **Total carb** 1g (0% DV), **Fiber** 0g (0% DV), **Sugars** 1g, **Protein** 7g (14% DV), **Vitamin A** (0% DV), **Vitamin C** (0% DV), **Calcium** (0% DV), **Iron** (4% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.



**BOLOGNA - PORK & BEEF**



**Nutrition Facts**

Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:

Calories	Total fat	Cholest	Sodium	Protein
150	13 g	35 mg	530 mg	7 g

**Calories** 150, **Fat cal** 120, **Total fat** 13g (21% DV), **Sat fat** 4.5g (22% DV), **Trans fat** 0g, **Monounsaturated fat** 6g, **Polyunsaturated fat** 1g, **Cholesterol** 35mg (11% DV), **Sodium** 530mg (22% DV), **Total carb** 1g (0% DV), **Fiber** 0g (0% DV), **Sugars** 1g, **Protein** 7g (14% DV), **Vitamin A** (0% DV), **Vitamin C** (0% DV), **Calcium** (0% DV), **Iron** (4% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.



**STRASSBURGER BRAND LIVERWURST**



**Nutrition Facts**

Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:

Calories	Total fat	Cholest	Sodium	Protein
170	15 g	85 mg	470 mg	8 g

**Calories** 170, **Fat cal** 130, **Total fat** 15g (22% DV), **Sat fat** 6g (28% DV), **Trans fat** 0g, **Monounsaturated fat** 7g, **Polyunsaturated fat** 1.5g, **Cholesterol** 85mg (28% DV), **Sodium** 470mg (20% DV), **Potassium** 85mg (2% DV), **Total carb** 1g (0% DV), **Fiber** 0g (0% DV), **Sugars** 1g, **Protein** 8g (16% DV), **Vitamin A** (22% DV), **Vitamin C** (0% DV), **Calcium** (0% DV), **Iron** (25% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.





**OLIVE TERRINE LOAF**



**Nutrition Facts**

Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:

Calories	Total fat	Cholest	Sodium	Protein
120	10 g	20 mg	630 mg	6 g

**Calories** 120, Fat cal 90, **Total fat** 10g (15% DV), Sat fat 3.5g (17% DV), *Trans* fat 0g, Monounsaturated fat 4.5g, Polyunsaturated fat 1g, **Cholest** 20mg (7% DV), **Sodium** 630mg (26% DV), **Potassium** 110mg (3% DV), **Total carb** <1g (0% DV), Fiber 0g (0% DV), Sugars <1g, **Protein** 6g (13% DV), Vitamin A (2% DV), Vitamin C (0% DV), Calcium (2% DV), Iron (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

BOLOGNA, WURSTS & LOAVES

**PICKLE & PEPPER TERRINE LOAF**



**Nutrition Facts**

Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:

Calories	Total fat	Cholest	Sodium	Protein
150	13 g	30 mg	500 mg	6 g

**Calories** 150, Fat cal 110, **Total fat** 13g (19% DV), Sat fat 7g (35% DV), *Trans* fat 0g, Monounsaturated fat 4.5g, Polyunsaturated fat 0g, **Cholest** 30mg (10% DV), **Sodium** 500mg (21% DV), **Total carb** 2g (1% DV), Fiber 0g (0% DV), Sugars 1g, **Protein** 6g (13% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (4% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

**BEEF SALAMI**



**Nutrition Facts**

Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:

Calories	Total fat	Cholest	Sodium	Protein
120	9 g	35 mg	470 mg	10 g

**Calories** 120, Fat cal 80, **Total fat** 9g (13% DV), Sat fat 3.5g (17% DV), *Trans* fat 0g, Monounsaturated fat 4.5g, Polyunsaturated fat 0g, **Cholest** 35mg (11% DV), **Sodium** 470mg (19% DV), **Potassium** 140mg (4% DV), **Total carb** 0g (0% DV), Fiber 0g (0% DV), Sugars 0g, **Protein** 10g (20% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (8% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

**ROASTED SALAMI**



**Nutrition Facts**

Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:

Calories	Total fat	Cholest	Sodium	Protein
130	11 g	40 mg	590 mg	8 g

**Calories** 130, Fat cal 100, **Total fat** 11g (16% DV), Sat fat 5g (24% DV), *Trans* fat 0g, Monounsaturated fat 5g, Polyunsaturated fat 0g, **Cholest** 40mg (13% DV), **Sodium** 590mg (25% DV), **Potassium** 135mg (4% DV), **Total carb** 0g (0% DV), Fiber 0g (0% DV), Sugars 0g, **Protein** 8g (16% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (4% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.





# CHEESE : NUTRITION FACTS

## GOAT CHEDDAR CHEESE



### Nutrition Facts

Servings: Varied, **Serv size: 1 oz (28g)**, Amount Per Serving:

Calories	Total fat	Cholest	Sodium	Protein
110	9 g	25 mg	220 mg	7 g

**Calories 110**, Total fat 9g (10% DV), Sat fat 6g (30% DV), *Trans fat* 0g, **Cholest** 25mg (8% DV), **Sodium** 220mg (10% DV), **Total Carb** 2g (1% DV), Fiber 0g (0% DV), Total sugars 0g (Incl 0g added sugars, 0% DV), **Protein** 7g (14% DV), Vit D (0% DV), Calcium (20% DV), Iron (0% DV), Potas (0% DV).



## HORSERADISH CHEDDAR CHEESE



### Nutrition Facts

Servings: Varied, **Serv size: 1 oz (28g)**, Amount Per Serving:

Calories	Total fat	Cholest	Sodium	Protein
110	9 g	30 mg	190 mg	6 g

**Calories 110**, Total fat 9g (11% DV), Sat fat 6g (28% DV), *Trans fat* 0g, **Cholest** 30mg (10% DV), **Sodium** 190mg (8% DV), **Total Carb** 2g (1% DV), Fiber 0g (0% DV), Total sugars 0g (Incl 0g added sugars, 0% DV), **Protein** 6g (13% DV), Vit D (0% DV), Calcium (15% DV), Iron (0% DV), Potas (0% DV).



## 3 PEPPER COLBY JACK® CHEESE



### Nutrition Facts

Servings: Varied, **Serv size: 1 oz (28g)**, Amount Per Serving:

Calories	Total fat	Cholest	Sodium	Protein
100	8 g	25 mg	170 mg	6 g

**Calories 100**, Total fat 8g (11% DV), Sat fat 5g (26% DV), *Trans fat* 0g, **Cholest** 25mg (8% DV), **Sodium** 170mg (7% DV), **Total Carb** 1g (0% DV), Fiber 0g (0% DV), Total sugars 0g (Incl 0g added sugars, 0% DV), **Protein** 6g (13% DV), Vit D (0% DV), Calcium (15% DV), Iron (0% DV), Potas (0% DV).



## CHIPOTLE GOUDA CHEESE



### Nutrition Facts

Servings: Varied, **Serv size: 1 oz (28g)**, Amount Per Serving:

Calories	Total fat	Cholest	Sodium	Protein
100	8 g	20 mg	240 mg	6 g

**Calories 100**, Total fat 8g (10% DV), Sat fat 5g (25% DV), *Trans fat* 0g, **Cholest** 20mg (7% DV), **Sodium** 240mg (10% DV), **Total Carb** <1g (0% DV), Fiber 0g (0% DV), Total sugars 0g (Incl 0g added sugars, 0% DV), **Protein** 6g (12% DV), Vit D (0% DV), Calcium (15% DV), Iron (0% DV), Potas (0% DV).

## VERMONT CHEDDAR CHEESE (YELLOW & WHITE) - LACTOSE FREE



### Nutrition Facts

Servings: Varied, **Serv size: 1 oz (28g)**, Amount Per Serving:

Calories	Total fat	Cholest	Sodium	Protein
110	10 g	30 mg	200 mg	7 g

**Calories 110**, Total fat 10g (12% DV), Sat fat 6g (32% DV), *Trans fat* 0g, **Cholest** 30mg (10% DV), **Sodium** 200mg (9% DV), **Total Carb** 0g (0% DV), Fiber 0g (0% DV), Total sugars 0g (Incl 0g added sugars, 0% DV), **Protein** 7g (14% DV), Vit D (0% DV), Calcium (15% DV), Iron (0% DV), Potas (0% DV).



# CHEESE NUTRITION FACTS

## COLBY JACK CHEESE



### Nutrition Facts

Servings: Varied, **Serv size: 1 oz (28g)**, Amount Per Serving:

Calories	Total fat	Cholest	Sodium	Protein
110	9 g	25 mg	180 mg	6 g

**Calories 110**, Total fat 9g (12% DV), Sat fat 6g (32% DV), *Trans fat* 0g, **Cholest** 25mg (9% DV), **Sodium** 180mg (8% DV), **Total Carb** 0g (0% DV), Fiber 0g (0% DV), Total sugars 0g (Incl 0g added sugars, 0% DV), **Protein** 6g (13% DV), Vit D (0% DV), Calcium (15% DV), Iron (0% DV), Potas (0% DV).

## MANCHEGO CHEESE, PRODUCT OF SPAIN



### Nutrition Facts

Servings: Varied, **Serv size: 1 oz (28g)**, Amount Per Serving:

Calories	Total fat	Cholest	Sodium	Protein
100	9 g	20 mg	220 mg	6 g

**Calories 100**, Total fat 9g (11% DV), Sat fat 6g (31% DV), *Trans fat* 0g, **Cholest** 20mg (7% DV), **Sodium** 220mg (10% DV), **Total carb** 0g (0% DV), Fiber 0g (0% DV), Total Sugars 0g (Incl 0g added sugars, 0% DV), **Protein** 6g (12% DV), Vitamin D (0% DV), Calcium (15% DV), Iron (0% DV), Potas (0% DV).

## SMOKED GOUDA CHEESE



### Nutrition Facts

Servings: Varied, **Serv size: 1 oz (28g)**, Amount Per Serving:

Calories	Total fat	Cholest	Sodium	Protein
90	7 g	15 mg	380 mg	6 g

**Calories 90**, Total fat 7g (9% DV), Sat fat 5g (25% DV), *Trans fat* 0g, **Cholest** 15mg (5% DV), **Sodium** 380mg (17% DV), **Total Carb** <1g (0% DV), Fiber 0g (0% DV), Total sugars 0g (Incl 0g added sugars, 0% DV), **Protein** 6g (12% DV), Vit D (0% DV), Calcium (15% DV), Iron (0% DV), Potas (2% DV).

## AMERICAN CHEESE (YELLOW & WHITE)



### Nutrition Facts

Servings: About 80, **Serv size: 1 oz (28g)**, Amount Per Serving:

Calories	Total fat	Cholest	Sodium	Protein
110	9 g	25 mg	350 mg	6 g

**Calories 110**, Total fat 9g (12% DV), Sat fat 6g (30% DV), *Trans fat* 0g, **Cholest** 25mg (8% DV), **Sodium** 350mg (15% DV), **Total Carb** 1g (0% DV), Fiber 0g (0% DV), Total sugars 0g (Incl 0g added sugars, 0% DV), **Protein** 6g (12% DV), Vit D (0% DV), Calcium (15% DV), Iron (0% DV), Potas (2% DV).

## 33% LOWER FAT & 36% LOWER SODIUM AMERICAN CHEESE



### Nutrition Facts

Servings: About 80, **Serv size: 1 oz (28g)**, Amount Per Serving:

Calories	Total fat	Cholest	Sodium	Protein
90	6 g	20 mg	300 mg	7 g

**Calories 90**, Total fat 6g (8% DV), Sat fat 4.5g (23% DV), *Trans fat* 0g, **Cholest** 20mg (7% DV), **Sodium** 300mg (13% DV), **Total Carb** 2g (1% DV), Fiber 0g (0% DV), Total sugars 0g (Incl 0g added sugars, 0% DV), **Protein** 7g (14% DV), Vit D (0% DV), Calcium (15% DV), Iron (0% DV), Potas (2% DV).



## CHEESE : NUTRITION FACTS

### HICKORY SMOKED GRUYERE CHEESE, PRODUCT OF GERMANY PASTEURIZED PROCESS GRUYERE CHEESE



#### Nutrition Facts

Servings: Varied, **Serv size: 1 oz (28g)**, Amount Per Serving:

Calories	Total fat	Cholest	Sodium	Protein
100	8 g	20 mg	360 mg	6 g

**Calories 100**, Total fat 8g (10% DV), Sat fat 6g (30% DV), *Trans fat* 0g, **Cholest** 20mg (7% DV), **Sodium** 360mg (16% DV), **Total carb** 0g (0% DV), Fiber 0g (0% DV), Total sugars 0g (Incl 0g added sugars, 0% DV), **Protein** 6g (12% DV), Vitamin D (0% DV), Calcium (20% DV), Iron (0% DV), Potas (0% DV).

### FONTINA CHEESE



#### Nutrition Facts

Servings: Varied, **Serv size: 1 oz (28g)**, Amount Per Serving:

Calories	Total fat	Cholest	Sodium	Protein
110	10 g	30 mg	170 mg	6 g

**Calories 110**, Total fat 10g (13% DV), Sat fat 6g (30% DV), *Trans fat* 0g, **Cholest** 30mg (10% DV), **Sodium** 170mg (7% DV), **Total Carb** 0g (0% DV), Fiber 0g (0% DV), Total sugars 0g (Incl 0g added sugars, 0% DV), **Protein** 6g (12% DV), Vit D (0% DV), Calcium (15% DV), Iron (0% DV), Potas (0% DV).

### LOW SODIUM MUENSTER CHEESE



#### Nutrition Facts

Servings: Varied, **Serv size: 1 oz (28g)**, Amount Per Serving:

Calories	Total fat	Cholest	Sodium	Protein
100	8 g	20 mg	75 mg	6 g

**Calories 100**, Total fat 8g (10% DV), Sat fat 5g (25% DV), *Trans fat* 0g, **Cholest** 20mg (7% DV), **Sodium** 75mg (3% DV), **Total Carb** 0g (0% DV), Fiber 0g (0% DV), Total sugars 0g (Incl 0g added sugars, 0% DV), **Protein** 6g (11% DV), Vit D (0% DV), Calcium (15% DV), Iron (0% DV), Potas (0% DV).

### 43% LOWER SODIUM PROVOLONE CHEESE



#### Nutrition Facts

Servings: Varied, **Serv size: 1 oz (28g)**, Amount Per Serving:

Calories	Total fat	Cholest	Sodium	Protein
100	7 g	20 mg	140 mg	7 g

**Calories 100**, Total fat 7g (9% DV), Sat fat 4.5g (23% DV), *Trans fat* 0g, **Cholest** 20mg (7% DV), **Sodium** 140mg (6% DV), **Total Carb** 1g (0% DV), Fiber 0g (0% DV), Total sugars 0g (Incl 0g added sugars, 0% DV), **Protein** 7g (14% DV), Vit D (0% DV), Calcium (15% DV), Iron (0% DV), Potas (0% DV).

### PICANTE PROVOLONE ALL NATURAL CHEESE



#### Nutrition Facts

Servings: Varied, **Serv size: 1 oz (28g)**, Amount Per Serving:

Calories	Total fat	Cholest	Sodium	Protein
100	8 g	25 mg	220 mg	7 g

**Calories 100**, Total fat 8g (10% DV), Sat fat 5g (25% DV), *Trans fat* 0g, **Cholest** 25mg (8% DV), **Sodium** 220mg (10% DV), **Total Carb** 1g (0% DV), Fiber 0g (0% DV), Total sugars 0g (Incl 0g added sugars, 0% DV), **Protein** 7g (14% DV), Vit D (0% DV), Calcium (15% DV), Iron (0% DV), Potas (1% DV).



## CHEESE NUTRITION FACTS

### BABY SWISS CHEESE



#### Nutrition Facts

Servings: Varied, **Serv size: 1 oz (28g)**, Amount Per Serving:

Calories	Total fat	Cholest	Sodium	Protein
110	9 g	25 mg	135 mg	7 g

**Calories 110**, Total fat 9g (12% DV), Sat fat 6g (29% DV), *Trans* fat 0g, **Cholest** 25mg (8% DV), **Sodium** 135mg (6% DV), **Total Carb** <1g (0% DV), Fiber 0g (0% DV), Total sugars 0g (Incl 0g added sugars, 0% DV), **Protein** 7g (14% DV), Vit D (0% DV), Calcium (15% DV), Iron (0% DV), Potas (0% DV).

### IMPORTED SWITZERLAND SWISS CHEESE - LACTOSE FREE



#### Nutrition Facts

Servings: Varied, **Serv size: 1 oz (28g)**, Amount Per Serving:

Calories	Total fat	Cholest	Sodium	Protein
110	8 g	25 mg	60 mg	9 g

**Calories 110**, Total fat 8g (11% DV), Sat fat 5g (25% DV), *Trans* fat 0g, **Cholest** 25mg (9% DV), **Sodium** 60mg (3% DV), **Total Carb** <1g (0% DV), Fiber 0g (0% DV), Total sugars 0g (Incl 0g added sugars, 0% DV), **Protein** 9g (17% DV), Vit D (0% DV), Calcium (20% DV), Iron (0% DV), Potas (0% DV).

### BLANC GRUE, GRUYERE ALL NATURAL CHEESE



#### Nutrition Facts

Servings: Varied, **Serv size: 1 oz (28g)**, Amount Per Serving:

Calories	Total fat	Cholest	Sodium	Protein
120	9 g	35 mg	230 mg	7 g

**Calories 120**, Total fat 9g (12% DV), Sat fat 6g (30% DV), *Trans* fat 0g, **Cholest** 35mg (12% DV), **Sodium** 230mg (10% DV), **Total Carb** 0g (0% DV), Fiber 0g (0% DV), Total sugars 0g (Incl 0g added sugars, 0% DV), **Protein** 8g (16% DV), Vit D (0% DV), Calcium (20% DV), Iron (0% DV), Potas (0% DV).

### CREAM HAVARTI CHEESE: PLAIN, WITH DILL, OR WITH JALAPEÑO



#### Nutrition Facts

Servings: Varied, **Serv size: 1 oz (28g)**, Amount Per Serving:

Calories	Total fat	Cholest	Sodium	Protein
110	10 g	35 mg	210 mg	6 g

**Calories 110**, Total fat 10g (13% DV), Sat fat 7g (34% DV), *Trans* fat 0g, **Cholest** 35mg (12% DV), **Sodium** 210mg (9% DV), **Total Carb** 0g (0% DV), Fiber 0g (0% DV), Total sugars 0g (Incl 0g added sugars, 0% DV), **Protein** 6g (11% DV), Vit D (2% DV), Calcium (15% DV), Iron (0% DV), Potas (2% DV).

### MONTEREY JACK CHEESE: PLAIN OR JALAPEÑO PEPPER JACK



#### Nutrition Facts

Servings: Varied, **Serv size: 1 oz (28g)**, Amount Per Serving:

Calories	Total fat	Cholest	Sodium	Protein
100	9 g	25 mg	180 mg	6 g

**Calories 100**, Total fat 9g (11% DV), Sat fat 5g (27% DV), *Trans* fat 0g, **Cholest** 25mg (8% DV), **Sodium** 180mg (8% DV), **Total Carb** 1g (0% DV), Fiber 0g (0% DV), Total sugars 0g (Incl 0g added sugars, 0% DV), **Protein** 6g (12% DV), Vit D (0% DV), Calcium (15% DV), Iron (0% DV), Potas (0% DV).



# CHEESE : NUTRITION FACTS

## CARMELIZED ONION JACK CHEESE



### Nutrition Facts

Servings: Varied, **Serv size: 1 oz (28g)**, Amount Per Serving:

Calories	Total fat	Cholest	Sodium	Protein
110	9 g	15 mg	180 mg	6 g

**Calories 110**, Total fat 9g (12% DV), Sat fat 4.5g (23% DV), *Trans* fat 0g, **Cholest** 15mg (5% DV), **Sodium** 180mg (8% DV), **Total Carb** 1g (0% DV), Fiber 0g (0% DV), Total sugars 0g (Incl 0g added sugars, 0% DV), **Protein** 6g (13% DV), Vit D (0% DV), Calcium (15% DV), Iron (0% DV), Potas (0% DV).

## WHOLE MILK LOW MOISTURE MOZZARELLA CHEESE



### Nutrition Facts

Servings: Varied, **Serv size: 1 oz (28g)**, Amount Per Serving:

Calories	Total fat	Cholest	Sodium	Protein
90	7 g	20 mg	150 mg	6 g

**Calories 90**, Total fat 7g (9% DV), Sat fat 4.5g (22% DV), *Trans* fat 0g, **Cholest** 20mg (7% DV), **Sodium** 150mg (7% DV), **Total Carb** 1g (0% DV), Fiber 0g (0% DV), Total sugars 0g (Incl 0g added sugars, 0% DV), **Protein** 6g (13% DV), Vit D (0% DV), Calcium (10% DV), Iron (0% DV), Potas (0% DV).

## MUENSTER CHEESE



### Nutrition Facts

Servings: Varied, **Serv size: 1 oz (28g)**, Amount Per Serving:

Calories	Total fat	Cholest	Sodium	Protein
100	8 g	25 mg	190 mg	6 g

**Calories 100**, Total fat 8g (11% DV), Sat fat 5g (26% DV), *Trans* fat 0g, **Cholest** 25mg (9% DV), **Sodium** 190mg (8% DV), **Total Carb** 0g (0% DV), Fiber 0g (0% DV), Total sugars 0g (Incl 0g added sugars, 0% DV), **Protein** 6g (13% DV), Vit D (0% DV), Calcium (15% DV), Iron (0% DV), Potas (0% DV).

## SHARP WISCONSIN CHEDDAR CHEESE - WHITE/RED WAX



### Nutrition Facts

Servings: Varied, **Serv size: 1 oz (28g)**, Amount Per Serving:

Calories	Total fat	Cholest	Sodium	Protein
110	9 g	30 mg	190 mg	7 g

**Calories 110**, Total fat 9g (12% DV), Sat fat 5g (27% DV), *Trans* fat 0g, **Cholest** 30mg (9% DV), **Sodium** 190mg (8% DV), **Total Carb** <1g (0% DV), Fiber 0g (0% DV), Total sugars 0g (Incl 0g added sugars, 0% DV), **Protein** 7g (14% DV), Vit D (0% DV), Calcium (15% DV), Iron (0% DV), Potas (0% DV).

## SHARP WISCONSIN CHEDDAR CHEESE - YELLOW/BLACK WAX



### Nutrition Facts

Servings: Varied, **Serv size: 1 oz (28g)**, Amount Per Serving:

Calories	Total fat	Cholest	Sodium	Protein
110	9 g	30 mg	190 mg	7 g

**Calories 110**, Total fat 9g (12% DV), Sat fat 5g (27% DV), *Trans* fat 0g, **Cholest** 30mg (9% DV), **Sodium** 190mg (8% DV), **Total Carb** <1g (0% DV), Fiber 0g (0% DV), Total sugars 0g (Incl 0g added sugars, 0% DV), **Protein** 7g (14% DV), Vit D (0% DV), Calcium (15% DV), Iron (0% DV), Potas (0% DV).



## CHEESE NUTRITION FACTS

### GOUDA CHEESE, PRODUCT OF HOLLAND



#### Nutrition Facts

Servings: Varied, **Serv size: 1 oz (28g)**, Amount Per Serving:

Calories	Total fat	Cholest	Sodium	Protein
100	8 g	25 mg	250 mg	7 g

**Calories 100**, Total fat 8g (10% DV), Sat fat 5g (25% DV), *Trans* fat 0g, **Cholest** 25mg (8% DV), **Sodium** 250mg (11% DV), **Total Carb** <1g (0% DV), Fiber 0g (0% DV), Total sugars 0g (Incl 0g added sugars, 0% DV), **Protein** 7g (14% DV), Vit D (0% DV), Calcium (20% DV), Iron (0% DV), Potas (0% DV).

### ASIAGO CHEESE



#### Nutrition Facts

Servings: Varied, **Serv size: 1 oz (28g)**, Amount Per Serving:

Calories	Total fat	Cholest	Sodium	Protein
100	9 g	25 mg	220 mg	6 g

**Calories 100**, Total fat 9g (12% DV), Sat fat 6g (30% DV), *Trans* fat 0g, **Cholest** 25mg (8% DV), **Sodium** 220mg (10% DV), **Total Carb** <1g (0% DV), Fiber 0g (0% DV), Total sugars 0g (Incl 0g added sugars, 0% DV), **Protein** 6g (12% DV), Vit D (0% DV), Calcium (15% DV), Iron (0% DV), Potas (0% DV).

### GOAT CHEESE, PRODUCT OF SPAIN



#### Nutrition Facts

Servings: Varied, **Serv size: 1 oz (28g)**, Amount Per Serving:

Calories	Total fat	Cholest	Sodium	Protein
110	10 g	30 mg	250 mg	6 g

**Calories 110**, Total fat 10g (13% DV), Sat fat 7g (35% DV), *Trans* fat 0g, **Cholest** 30mg (10% DV), **Sodium** 250mg (11% DV), **Total carb** 0g (0% DV), Fiber 0g (0% DV), Total sugars 0g (Incl 0g added sugars, 0% DV), **Protein** 6g (12% DV), Vitamin D (0% DV), Calcium (15% DV), Iron (0% DV) Potas (0% DV).

### LACEY SWISS CHEESE



#### Nutrition Facts

Servings: Varied, **Serv size: 1 oz (28g)**, Amount Per Serving:

Calories	Total fat	Cholest	Sodium	Protein
90	6 g	15 mg	60 mg	9 g

**Calories 90**, Total fat 6g (7% DV), Sat fat 4g (20% DV), *Trans* fat 0g, **Cholest** 15mg (6% DV), **Sodium** 60mg (3% DV), **Total Carb** 0g (0% DV), Fiber 0g (0% DV), Total sugars 0g (Incl 0g added sugars, 0% DV), **Protein** 9g (18% DV), Vit D (0% DV), Calcium (20% DV), Iron (0% DV), Potas (0% DV).

### MILD SWISS CHEESE



#### Nutrition Facts

Servings: Varied, **Serv size: 1 oz (28g)**, Amount Per Serving:

Calories	Total fat	Cholest	Sodium	Protein
120	10 g	30 mg	70 mg	7 g

**Calories 120**, Total fat 10g (13% DV), Sat fat 6g (30% DV), *Trans* fat 0g, **Cholest** 30mg (10% DV), **Sodium** 70mg (3% DV), **Total Carb** 1g (0% DV), Fiber 0g (0% DV), Total sugars 0g (Incl 0g added sugars, 0% DV), **Protein** 7g (14% DV), Vit D (0% DV), Calcium (15% DV), Iron (0% DV), Potas (0% DV).



# Made with Mild Swiss Cheese.



Standard serving is 1 oz.  
This sandwich contains 2 servings.



## CHICKEN : NUTRITION FACTS

### FIRESMITH FLAME GRILLED CHICKEN BREAST



#### Nutrition Facts

Serv size: 2 oz (56g), Servings:  
Varied, Amount Per Serving:

**Calories** 60, **Fat cal** 10, **Total fat** 1.5g (2% DV), **Sat fat** 0g (0% DV), **Trans fat** 0g, **Monounsaturat fat** 0g, **Polyunsaturat fat** 0g, **Cholest** 35mg (12% DV), **Sodium** 340mg (14% DV), **Total carb** 1g (0% DV), **Fiber** 0g (0% DV), **Sugars** 0g, **Protein** 11g (22% DV), **Vitamin A** (0% DV), **Vitamin C** (0% DV), **Calcium** (0% DV), **Iron** (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

Calories	Total fat	Cholest	Sodium	Protein
70	1 g	35 mg	370 mg	10 g

CHICKEN

### ALL AMERICAN BBQ CHICKEN BREAST



#### Nutrition Facts

Serv size: 2 oz (56g), Servings:  
Varied, Amount Per Serving:

**Calories** 70, **Fat cal** 10, **Total fat** 1g (2% DV), **Sat fat** 0g (0% DV), **Trans fat** 0g, **Monounsaturat fat** 0g, **Polyunsaturat fat** 0g, **Cholest** 35mg (12% DV), **Sodium** 370mg (15% DV), **Potassium** 160mg (5% DV), **Total carb** 2g (1% DV), **Fiber** 0g (0% DV), **Sugars** 2g, **Protein** 10g (18% DV), **Vitamin A** (0% DV), **Vitamin C** (2% DV), **Calcium** (0% DV), **Iron** (4% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

Calories	Total fat	Cholest	Sodium	Protein
70	1 g	35 mg	370 mg	10 g

### BLAZING BUFFALO, STYLE OVEN ROASTED CHICKEN BREAST



#### Nutrition Facts

Serv size: 2 oz (56g), Servings:  
Varied, Amount Per Serving:

**Calories** 60, **Fat cal** 10, **Total fat** 1g (2% DV), **Sat fat** 0g (0% DV), **Trans fat** 0g, **Monounsaturat fat** 0g, **Polyunsaturat fat** 0g, **Cholest** 35mg (12% DV), **Sodium** 460mg (19% DV), **Potassium** 210mg (6% DV), **Total carb** 0g (0% DV), **Fiber** 0g (0% DV), **Sugars** 0g, **Protein** 11g (20% DV), **Vitamin A** (2% DV), **Vitamin C** (2% DV), **Calcium** (0% DV), **Iron** (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

Calories	Total fat	Cholest	Sodium	Protein
60	1 g	35 mg	460 mg	11 g

### CHIPOTLE OVEN ROASTED CHICKEN BREAST



#### Nutrition Facts

Serv size: 2 oz (56g), Servings:  
Varied, Amount Per Serving:

**Calories** 60, **Fat cal** 10, **Total fat** 1g (2% DV), **Sat fat** 0g (0% DV), **Trans fat** 0g, **Monounsaturat fat** 0g, **Polyunsaturat fat** 0g, **Cholest** 40mg (13% DV), **Sodium** 420mg (18% DV), **Potassium** 180mg (5% DV), **Total carb** 1g (0% DV), **Fiber** 0g (0% DV), **Sugars** 0g, **Protein** 13g (26% DV), **Vitamin A** (0% DV), **Vitamin C** (2% DV), **Calcium** (0% DV), **Iron** (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

Calories	Total fat	Cholest	Sodium	Protein
60	1 g	40 mg	420 mg	13 g

### EVERROAST, OVEN ROASTED CHICKEN BREAST



#### Nutrition Facts

Serv size: 2 oz (56g), Servings:  
Varied, Amount Per Serving:

**Calories** 60, **Fat cal** 10, **Total fat** 1g (2% DV), **Sat fat** 0g (0% DV), **Trans fat** 0g, **Monounsaturat fat** 0.5g, **Polyunsaturat fat** 0g, **Cholest** 30mg (10% DV), **Sodium** 440mg (18% DV), **Potassium** 160mg (5% DV), **Total carb** <1g (0% DV), **Fiber** 0g (0% DV), **Sugars** 1g, **Protein** 10g (18% DV), **Vitamin A** (0% DV), **Vitamin C** (2% DV), **Calcium** (0% DV), **Iron** (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

Calories	Total fat	Cholest	Sodium	Protein
60	1 g	30 mg	440 mg	10 g



## CHICKEN : NUTRITION FACTS



### ICHIBAN TERIYAKI, STYLE OVEN ROASTED CHICKEN BREAST



#### Nutrition Facts

Serv size: 2 oz (56g), Servings:  
Varied, Amount Per Serving:

Calories	Total fat	Cholest	Sodium	Protein
70	1.5 g	35 mg	510 mg	12 g

**Calories** 70, Fat cal 15, **Total fat** 1.5g (2% DV), Sat fat 0.5g (3% DV), *Trans* fat 0g, Monounsaturat fat 0.5g, Polyunsaturat fat 0g, **Cholest** 35mg (12% DV), **Sodium** 510mg (21% DV), **Potassium** 160mg (5% DV), **Total carb** 2g (1% DV), Fiber 0g (0% DV), Sugars 0g, **Protein** 12g (23% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (4% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

### LEMON PEPPER OVEN ROASTED CHICKEN BREAST



#### Nutrition Facts

Serv size: 2 oz (56g), Servings:  
Varied, Amount Per Serving:

Calories	Total fat	Cholest	Sodium	Protein
60	1 g	35 mg	360 mg	11 g

**Calories** 60, Fat cal 10, **Total fat** 1g (2% DV), Sat fat 0g (0% DV), *Trans* fat 0g, Monounsaturat fat 0g, Polyunsaturat fat 0g, **Cholest** 35mg (12% DV), **Sodium** 360mg (15% DV), **Potassium** 170mg (5% DV), **Total carb** 1g (0% DV), Fiber 0g (0% DV), Sugars 0g, **Protein** 11g (20% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

### ROTISSERIE SEASONED OVEN ROASTED CHICKEN BREAST



#### Nutrition Facts

Serv size: 2 oz (56g), Servings:  
Varied, Amount Per Serving:

Calories	Total fat	Cholest	Sodium	Protein
60	1 g	35 mg	400 mg	11 g

**Calories** 60, Fat cal 10, **Total fat** 1g (2% DV), Sat fat 0g (0% DV), *Trans* fat 0g, Monounsaturat fat 0g, Polyunsaturat fat 0g, **Cholest** 35mg (12% DV), **Sodium** 400mg (17% DV), **Potassium** 180mg (5% DV), **Total carb** 0g (0% DV), Fiber 0g (0% DV), Sugars 0g, **Protein** 11g (20% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

### GOLDEN CLASSIC, 42% LOWER SODIUM CHICKEN BREAST



#### Nutrition Facts

Serv size: 2 oz (56g), Servings:  
Varied, Amount Per Serving:

Calories	Total fat	Cholest	Sodium	Protein
60	1.5 g	35 mg	350 mg	12 g

**Calories** 60, Fat cal 15, **Total fat** 1.5g (2% DV), Sat fat 0g (0% DV), *Trans* fat 0g, Monounsaturat fat 0.5g, Polyunsaturat fat 0g, **Cholest** 35mg (12% DV), **Sodium** 350mg (15% DV), **Potassium** 170mg (5% DV), **Total carb** 0g (0% DV), Fiber 0g (0% DV), Sugars 0g, **Protein** 12g (24% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.



### MADRASALA, CURRY CHICKEN BREAST



#### Nutrition Facts

Serv size: 2 oz (56g), Servings:  
Varied, Amount Per Serving:

Calories	Total fat	Cholest	Sodium	Protein
60	1 g	40 mg	470 mg	12 g

**Calories** 60, Fat cal 10, **Total fat** 1g (2% DV), Sat fat 0g (0% DV), *Trans* fat 0g, Monounsaturat fat 0g, Polyunsaturat fat 0g, **Cholest** 40mg (13% DV), **Sodium** 470mg (20% DV), **Potassium** 160mg (5% DV), **Total carb** 1g (0% DV), Fiber 0g (0% DV), Sugars 0g, **Protein** 12g (24% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (4% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.



## CHICKEN



Made with Bold Ichiban Teriyaki, Style,  
Oven Roasted Chicken Breast.  
Standard serving size is 2 oz.  
This salad contains 1.5 servings.



## HAM NUTRITION FACTS

### BROWN SUGAR & SPICE DELIGHT™ OFF THE BONE HAM



#### Nutrition Facts

Serv size: 2 oz (56g), Servings:  
Varied, Amount Per Serving:

**Calories** 70, Fat cal 20, **Total fat** 2.5g (4% DV), Sat fat 0.5g (3% DV), *Trans* fat 0g, Monounsaturated fat 0g, Polyunsaturated fat 0.5g, **Cholest** 25mg (8% DV), **Sodium** 580mg (24% DV), **Potassium** 135mg (4% DV), **Total carb** 3g (1% DV), Fiber 0g (0% DV), Sugars 3g, **Protein** 9g (20% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

Calories	Total fat	Cholest	Sodium	Protein
70	2.5 g	25 mg	580 mg	9 g

### GOURMET PEPPER BRAND HAM - WATER ADDED



#### Nutrition Facts

Serv size: 2 oz (56g), Servings:  
Varied, Amount Per Serving:

**Calories** 60, Fat cal 10, **Total fat** 1g (2% DV), Sat fat 0g (0% DV), *Trans* fat 0g, Monounsaturated fat 0.5g, Polyunsaturated fat 0g, **Cholest** 20mg (7% DV), **Sodium** 500mg (21% DV), **Potassium** 180mg (5% DV), **Total carb** 2g (1% DV), Fiber 0g (0% DV), Sugars 1g, **Protein** 10g (20% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (6% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

Calories	Total fat	Cholest	Sodium	Protein
60	1 g	20 mg	500 mg	10 g

### MAPLE GLAZED HONEY COAT. HAM - WATER ADDED



#### Nutrition Facts

Serv size: 2 oz (56g), Servings:  
Varied, Amount Per Serving:

**Calories** 60, Fat cal 10, **Total fat** 1g (2% DV), Sat fat 0g (0% DV), *Trans* fat 0g, Monounsaturated fat 0.5g, Polyunsaturated fat 0g, **Cholest** 20mg (7% DV), **Sodium** 570mg (24% DV), **Total carb** 3g (1% DV), Fiber 0g (0% DV), Sugars 3g, **Protein** 10g (20% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (6% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

Calories	Total fat	Cholest	Sodium	Protein
60	1 g	20 mg	570 mg	10 g

### ROSEMARY & SUNDRIED TOMATO HAM - WITH NATURAL JUICES



#### Nutrition Facts

Serv size: 2 oz (56g), Servings:  
Varied, Amount Per Serving:

**Calories** 70, Fat cal 20, **Total fat** 2.5g (4% DV), Sat fat 1g (4% DV), *Trans* fat 0g, Monounsaturated fat 1.5g, Polyunsaturated fat 0g, **Cholest** 10mg (3% DV), **Sodium** 500mg (21% DV), **Total carb** 2g (1% DV), Fiber 0g (0% DV), Sugars 0g, **Protein** 10g (20% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (4% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

Calories	Total fat	Cholest	Sodium	Protein
70	2.5 g	10 mg	500 mg	10 g

### SMOKED VIRGINIA HAM - WATER ADDED



#### Nutrition Facts

Serv size: 2 oz (56g), Servings:  
Varied, Amount Per Serving:

**Calories** 60, Fat cal 10, **Total fat** 1g (2% DV), Sat fat 0g (0% DV), *Trans* fat 0g, Monounsaturated fat 0.5g, Polyunsaturated fat 0g, **Cholest** 25mg (8% DV), **Sodium** 590mg (25% DV), **Total carb** 2g (1% DV), Fiber 0g (0% DV), Sugars 2g, **Protein** 9g (18% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (4% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

Calories	Total fat	Cholest	Sodium	Protein
60	1 g	25 mg	590 mg	9 g



## HAM NUTRITION FACTS

### SMOKEMASTER BEECHWOOD SMOKED, BLACK FOREST HAM - WITH NATURAL JUICES - 31% LOWER SODIUM



#### Nutrition Facts

Serv size: 2 oz (56g), Servings:  
Varied, Amount Per Serving:

Calories	Total fat	Cholest	Sodium	Protein
60	1 g	30 mg	460 mg	10 g

**Calories** 60, **Fat** cal 5, **Total fat** 1g (2% DV), **Sat fat** 0g (0% DV), **Trans fat** 0g, **Monounsaturat fat** 0g, **Polyunsaturat fat** 0g, **Cholest** 30mg (10% DV), **Sodium** 460mg (19% DV), **Potassium** 160mg (5% DV), **Total carb** 2g (1% DV), **Fiber** 0g (0% DV), **Sugars** 2g, **Protein** 10g (20% DV), **Vitamin A** (0% DV), **Vitamin C** (0% DV), **Calcium** (0% DV), **Iron** (4% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.



### PEPPENERO, GARLIC HAM - WITH NATURAL JUICES



#### Nutrition Facts

Serv size: 2 oz (56g), Servings:  
Varied, Amount Per Serving:

Calories	Total fat	Cholest	Sodium	Protein
70	2 g	30 mg	600 mg	11 g

**Calories** 70, **Fat** cal 20, **Total fat** 2g (3% DV), **Sat fat** 0.5g (3% DV), **Trans fat** 0g, **Monounsaturat fat** 1g, **Polyunsaturat fat** 0g, **Cholest** 30mg (10% DV), **Sodium** 600mg (25% DV), **Potassium** 200mg (6% DV), **Total carb** 2g (1% DV), **Fiber** 0g (0% DV), **Sugars** 1g, **Protein** 11g (22% DV), **Vitamin A** (0% DV), **Vitamin C** (20% DV), **Calcium** (0% DV), **Iron** (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

### BRANDED DELUXE HAM - WATER ADDED



#### Nutrition Facts

Serv size: 2 oz (56g), Servings:  
Varied, Amount Per Serving:

Calories	Total fat	Cholest	Sodium	Protein
60	1 g	25 mg	590 mg	9 g

**Calories** 60, **Fat** cal 10, **Total fat** 1g (2% DV), **Sat fat** 0g (0% DV), **Trans fat** 0g, **Monounsaturat fat** 0.5g, **Polyunsaturat fat** 0g, **Cholest** 25mg (8% DV), **Sodium** 590mg (25% DV), **Potassium** 150mg (4% DV), **Total carb** 2g (1% DV), **Fiber** 0g (0% DV), **Sugars** 2g, **Protein** 9g (18% DV), **Vitamin A** (0% DV), **Vitamin C** (0% DV), **Calcium** (0% DV), **Iron** (4% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

### BRANDED DELUXE HAM - 42% LOWER SODIUM - WATER ADDED



#### Nutrition Facts

Serv size: 2 oz (56g), Servings:  
Varied, Amount Per Serving:

Calories	Total fat	Cholest	Sodium	Protein
60	1 g	25 mg	480 mg	10 g

**Calories** 60, **Fat** cal 10, **Total fat** 1g (2% DV), **Sat fat** 0g (0% DV), **Trans fat** 0g, **Monounsaturat fat** 0g, **Polyunsaturat fat** 0g, **Cholest** 25mg (8% DV), **Sodium** 480mg (20% DV), **Potassium** 125mg (4% DV), **Total carb** 2g (1% DV), **Fiber** 0g (0% DV), **Sugars** 2g, **Protein** 10g (20% DV), **Vitamin A** (0% DV), **Vitamin C** (0% DV), **Calcium** (0% DV), **Iron** (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

### ITALIAN CAPPY STYLE HAM - WATER ADDED



#### Nutrition Facts

Serv size: 2 oz (56g), Servings:  
Varied, Amount Per Serving:

Calories	Total fat	Cholest	Sodium	Protein
70	3 g	35 mg	730 mg	9 g

**Calories** 70, **Fat** cal 30, **Total fat** 3g (5% DV), **Sat fat** 1g (5% DV), **Trans fat** 0g, **Monounsaturat fat** 1.5g, **Polyunsaturat fat** 0g, **Cholest** 35mg (12% DV), **Sodium** 730mg (30% DV), **Potassium** 150mg (4% DV), **Total carb** 2g (1% DV), **Fiber** 0g (0% DV), **Sugars** 2g, **Protein** 9g (18% DV), **Vitamin A** (0% DV), **Vitamin C** (0% DV), **Calcium** (0% DV), **Iron** (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.



## HAM NUTRITION FACTS

### HOT ITALIAN CAPPY STYLE HAM - WATER ADDED



#### Nutrition Facts

Serv size: 2 oz (56g), Servings:  
Varied, Amount Per Serving:

Calories	Total fat	Cholest	Sodium	Protein
110	8 g	35 mg	480 mg	9 g

**Calories** 110, Fat cal 70, **Total fat** 8g (12% DV), Sat fat 3.5g (16% DV), **Trans** fat 0g, Monounsaturated fat 3.5g, Polyunsaturated fat 1g, **Cholest** 35mg (12% DV), **Sodium** 480mg (20% DV), **Total carb** 0g (0% DV), Fiber 0g (0% DV), Sugars 0g, **Protein** 9g (18% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (4% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

### SWEET SLICE. SMOKED UNCURED HAM - CONTAINS 7% SEASONING SOLUTION



#### Nutrition Facts

Serv size: 2 oz (56g), Servings:  
Varied, Amount Per Serving:

Calories	Total fat	Cholest	Sodium	Protein
60	2.5 g	20 mg	520 mg	10 g

**Calories** 60, Fat cal 20, **Total fat** 2.5g (4% DV), Sat fat 1g (5% DV), **Trans** fat 0g, Monounsaturated fat 1.5g, Polyunsaturated fat 0g, **Cholest** 20mg (7% DV), **Sodium** 520mg (22% DV), **Potassium** 160mg (5% DV), **Total carb** 1g (0% DV), Fiber 0g (0% DV), Sugars 0g, **Protein** 10g (20% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (4% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

### TAVERN HAM - WITH NATURAL JUICES



#### Nutrition Facts

Serv size: 2 oz (56g), Servings:  
Varied, Amount Per Serving:

Calories	Total fat	Cholest	Sodium	Protein
60	1.5 g	30 mg	540 mg	10 g

**Calories** 60, Fat cal 10, **Total fat** 1.5g (2% DV), Sat fat 0.5g (3% DV), **Trans** fat 0g, Monounsaturated fat 0.5g, Polyunsaturated fat 0g, **Cholest** 30mg (10% DV), **Sodium** 540mg (23% DV), **Potassium** 160mg (5% DV), **Total carb** 2g (1% DV), Fiber 0g (0% DV), Sugars 2g, **Protein** 10g (20% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (4% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

### VIRGINIA HAM - WATER ADDED



#### Nutrition Facts

Serv size: 2 oz (56g), Servings:  
Varied, Amount Per Serving:

Calories	Total fat	Cholest	Sodium	Protein
60	1 g	25 mg	590 mg	9 g

**Calories** 60, Fat cal 10, **Total fat** 1g (2% DV), Sat fat 0g (0% DV), **Trans** fat 0g, Monounsaturated fat 0.5g, Polyunsaturated fat 0g, **Cholest** 25mg (8% DV), **Sodium** 590mg (25% DV), Potassium 160mg (5% DV), **Total carb** 3g (1% DV), Fiber 0g (0% DV), Sugars 3g, **Protein** 9g (18% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (4% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.



### BOURBONRIDGE, SMOKED UNCURED HAM



#### Nutrition Facts

Serv size: 2 oz (56g), Servings:  
Varied, Amount Per Serving:

Calories	Total fat	Cholest	Sodium	Protein
70	2.5 g	30 mg	400 mg	10 g

**Calories** 70, Fat cal 20, **Total fat** 2.5g (4% DV), Sat fat 0.5g (4% DV), **Trans** fat 0g, Monounsaturated fat 1g, Polyunsaturated fat 0.5g, **Cholest** 30mg (11% DV), **Sodium** 400mg (17% DV), **Potassium** 180mg (5% DV), **Total carb** 2g (1% DV), Fiber <1g (1% DV), Sugars 2g, **Protein** 10g (21% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.



CANADIAN STYLE UNCURED BACON



Nutrition Facts

Serv size: 2 oz (56g), Servings:  
Varied, Amount Per Serving:

**Calories** 70, **Fat cal** 20, **Total fat** 2g (3% DV), **Sat fat** 1g (5% DV), **Trans fat** 0g, **Monounsat fat** 1g, **Polyunsat fat** 0g, **Cholest** 25mg (8% DV), **Sodium** 480mg (20% DV), **Total carb** 1g (0% DV), **Fiber** 0g (0% DV), **Sugars** 1g, **Protein** 11g (22% DV), **Vitamin A** (0% DV), **Vitamin C** (0% DV), **Calcium** (0% DV), **Iron** (0% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

Calories	Total fat	Cholest	Sodium	Protein
70	2 g	25 mg	480 mg	11 g

MILANO UNCURED ITALIAN SALAMI



Nutrition Facts

Serv size: 1 oz (28g), Servings:  
Varied, Amount Per Serving:

**Calories** 120, **Fat cal** 100, **Total fat** 11g (17% DV), **Sat fat** 4g (20% DV), **Trans fat** 0g, **Cholest** 25mg (8% DV), **Sodium** 550mg (23% DV), **Total carb** 0g (0% DV), **Fiber** 0g (0% DV), **Sugars** 0g, **Protein** 6g (12% DV), **Vitamin A** (0% DV), **Vitamin C** (15% DV), **Calcium** (0% DV), **Iron** (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

Calories	Total fat	Cholest	Sodium	Protein
120	11 g	25 mg	550 mg	6 g

UNCURED BIANCO D'ORO. ITALIAN DRY SALAME



Nutrition Facts

Serv size: 1 oz (28g), Servings:  
Varied, Amount Per Serving:

**Calories** 110, **Fat cal** 80, **Total fat** 8g (13% DV), **Sat fat** 3.5g (16% DV), **Trans fat** 0g, **Cholest** 25mg (9% DV), **Sodium** 470mg (19% DV), **Total carb** 1g (0% DV), **Fiber** 0g (0% DV), **Sugars** 0g, **Protein** 7g (14% DV), **Vitamin A** (0% DV), **Vitamin C** (0% DV), **Calcium** (2% DV), **Iron** (4% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

Calories	Total fat	Cholest	Sodium	Protein
110	8 g	25 mg	470 mg	7 g

MORTADELLA



Nutrition Facts

Serv size: 2 oz (56g), Servings:  
Varied, Amount Per Serving:

**Calories** 160, **Fat cal** 120, **Total fat** 14g (21% DV), **Sat fat** 5g (25% DV), **Trans fat** 0g, **Monounsat fat** 3g, **Polyunsat fat** 1g, **Cholest** 30mg (11% DV), **Sodium** 560mg (23% DV), **Total carb** 0g (0% DV), **Fiber** 0g (0% DV), **Sugars** 0g, **Protein** 9g (18% DV), **Vitamin A** (0% DV), **Vitamin C** (0% DV), **Calcium** (0% DV), **Iron** (4% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

Calories	Total fat	Cholest	Sodium	Protein
160	14 g	30 mg	560 mg	9 g

MORTADELLA WITH PISTACHIO NUTS



Nutrition Facts

Serv size: 2 oz (56g), Servings:  
Varied, Amount Per Serving:

**Calories** 170, **Fat cal** 120, **Total fat** 14g (21% DV), **Sat fat** 5g (25% DV), **Trans fat** 0g, **Monounsat fat** 3g, **Polyunsat fat** 1g, **Cholest** 30mg (11% DV), **Sodium** 560mg (23% DV), **Total carb** 2g (1% DV), **Fiber** 0g (0% DV), **Sugars** 0g, **Protein** 10g (20% DV), **Vitamin A** (0% DV), **Vitamin C** (0% DV), **Calcium** (0% DV), **Iron** (4% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

Calories	Total fat	Cholest	Sodium	Protein
170	14 g	30 mg	560 mg	10 g



UNCURED PANCETTA



Nutrition Facts

Serv size: 0.5 oz (14g), Servings: Varied, Amount Per Serving:

Calories	Total fat	Cholest	Sodium	Protein
50	4.5 g	10 mg	230 mg	2 g

**Calories** 50, **Fat cal** 40, **Total fat** 4.5g (7% DV), **Sat fat** 2g (11% DV), **Trans fat** 0g, **Monounsaturat fat** 2g, **Polyunsat fat** 1g, **Cholest** 10mg (4% DV), **Sodium** 230mg (9% DV), **Total carb** 0g (0% DV), **Fiber** 0g (0% DV), **Sugars** 0g, **Protein** 2g (4% DV), **Vitamin A** (0% DV), **Vitamin C** (0% DV), **Calcium** (0% DV), **Iron** (0% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

PROSCIUTTO DI PARMA, PRODUCT OF ITALY



Nutrition Facts

Serv size: about 1 oz (30g), Servings: Varied, Amount Per Serving:

Calories	Total fat	Cholest	Sodium	Protein
80	5 g	25 mg	550 mg	8 g

**Calories** 80, **Fat cal** 45, **Total fat** 5g (7% DV), **Sat fat** 1.5g (8% DV), **Trans fat** 0g, **Monosaturat fat** 1.5g, **Polyunsat fat** 1g, **Cholest** 25mg (8% DV), **Sodium** 550mg (23% DV), **Potassium** 110mg (3% DV), **Total carb** 0g (0% DV), **Fiber** 0g (0% DV), **Sugars** 0g, **Protein** 8g (16% DV), **Vitamin A** (0% DV), **Vitamin C** (0% DV), **Calcium** (0% DV), **Iron** (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

SANDWICH STYLE PEPPERONI



Nutrition Facts

Serv size: 1 oz (28g), Servings: Varied, Amount Per Serving:

Calories	Total fat	Cholest	Sodium	Protein
130	11 g	25 mg	430 mg	6 g

**Calories** 130, **Fat cal** 100, **Total fat** 11g (17% DV), **Sat fat** 4.5g (22% DV), **Trans fat** 0g, **Monounsaturat fat** 5g, **Polyunsat fat** 1.5g, **Cholest** 25mg (9% DV), **Sodium** 430mg (18% DV), **Potassium** 85mg(2% DV), **Total carb** 1g (0% DV), **Fiber** 0g (0% DV), **Sugars** 1g, **Protein** 6g (12% DV), **Vitamin A** (2% DV), **Vitamin C** (2% DV), **Calcium** (0% DV), **Iron** (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

CHORIZO SERRANO



Nutrition Facts

Serv size: 1 oz (28g), Servings: Varied, Amount Per Serving:

Calories	Total fat	Cholest	Sodium	Protein
90	6 g	20 mg	300 mg	8 g

**Calories** 90, **Fat cal** 60, **Total fat** 6g (10% DV), **Sat fat** 2.5g (13% DV), **Trans fat** 0g, **Monounsaturat fat** 3g, **Polyunsat fat** 0.5g, **Cholest** 20mg (7% DV), **Sodium** 300mg (12% DV), **Potassium** 50mg (1% DV), **Total carb** <1g (0% DV), **Fiber** 0g (0% DV), **Sugars** 0g, **Protein** 8g (15% DV), **Vitamin A** (0% DV), **Vitamin C** (0% DV), **Calcium** (0% DV), **Iron** (4% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

GENOA SALAMI



Nutrition Facts

Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:

Calories	Total fat	Cholest	Sodium	Protein
190	15 g	50 mg	870 mg	12 g

**Calories** 190, **Fat cal** 130, **Total fat** 15g (23% DV), **Sat fat** 5g (24% DV), **Trans fat** 0g, **Monounsaturat fat** 6g, **Polyunsat fat** 2g, **Cholest** 50mg (17% DV), **Sodium** 870mg (36% DV), **Potassium** 220mg (6% DV), **Total carb** 1g (0% DV), **Fiber** 0g (0% DV), **Sugars** 0g, **Protein** 12g (25% DV), **Vitamin A** (0% DV), **Vitamin C** (0% DV), **Calcium** (0% DV), **Iron** (4% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.



## CHARCUTERIE | NUTRITION FACTS

### HARD SALAMI



#### Nutrition Facts

Serv size: 1 oz (28g), Servings:  
Varied, Amount Per Serving:

**Calories** 110, **Fat cal** 80, **Total fat** 9g (14% DV), **Sat fat** 3.5g (18% DV), **Trans fat** 0g, **Monounsaturated fat** 4g, **Polyunsaturated fat** 1g, **Cholesterol** 30mg (10% DV), **Sodium** 430mg (18% DV), **Potassium** 100mg (3% DV), **Total carb** 1g (0% DV), **Fiber** 0g (0% DV), **Sugars** 0g, **Protein** 6g (12% DV), **Vitamin A** (0% DV), **Vitamin C** (0% DV), **Calcium** (0% DV), **Iron** (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

Calories	Total fat	Cholest	Sodium	Protein
110	9 g	30 mg	430 mg	6 g

CHARCUTERIE

### SERRANO HAM



#### Nutrition Facts

Serv size: 1 oz (28g), Servings:  
Varied, Amount Per Serving:

**Calories** 80, **Fat cal** 45, **Total fat** 5g (8% DV), **Sat fat** 2.5g (13% DV), **Monounsaturated fat** 1.5g, **Polyunsaturated fat** 1g, **Cholesterol** 45mg (15% DV), **Sodium** 340mg (14% DV), **Total carb** 0g (0% DV), **Fiber** 0g (0% DV), **Sugars** 0g, **Protein** 9g (18% DV), **Vitamin A** (0% DV), **Vitamin C** (0% DV), **Calcium** (0% DV), **Iron** (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

Calories	Total fat	Cholest	Sodium	Protein
80	5 g	45 mg	340 mg	9 g

### UNCURED SOPRESSATA GRANDE (HOT & SWEET)



#### Nutrition Facts

Serv size: 1 oz (28g), Servings:  
Varied, Amount Per Serving:

**Calories** 110, **Fat cal** 80, **Total fat** 8g (13% DV), **Sat fat** 3g (14% DV), **Trans fat** 0g, **Monounsaturated fat** 6g, **Polyunsaturated fat** 1.5g, **Cholesterol** 15mg (5% DV), **Sodium** 420mg (17% DV), **Total carb** 1g (0% DV), **Fiber** 0g (0% DV), **Sugars** 0g, **Protein** 8g (16% DV), **Vitamin A** (0% DV), **Vitamin C** (0% DV), **Calcium** (0% DV), **Iron** (4% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

Calories	Total fat	Cholest	Sodium	Protein
110	8 g	15 mg	420 mg	8 g

### UNCURED CAPOCOLLO (HOT & SWEET)



#### Nutrition Facts

Serv size: 1 oz (28g), Servings:  
Varied, Amount Per Serving:

**Calories** 90, **Fat cal** 60, **Total fat** 7g (11% DV), **Sat fat** 2.5g (14% DV), **Trans fat** 0g, **Monounsaturated fat** 3g, **Polyunsaturated fat** 1g, **Cholesterol** 25mg (9% DV), **Sodium** 590mg (25% DV), **Total carb** 0g (0% DV), **Fiber** 0g (0% DV), **Sugars** 0g, **Protein** 7g (15% DV), **Vitamin A** (0% DV), **Vitamin C** (0% DV), **Calcium** (0% DV), **Iron** (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

Calories	Total fat	Cholest	Sodium	Protein
90	7 g	25 mg	590 mg	7 g



### BLACKENED TURKEY BREAST



#### Nutrition Facts

Serv size: 2 oz (56g), Servings:  
Varied, Amount Per Serving:

**Calories** 60, **Fat cal** 5, **Total fat** 0.5g (1% DV), **Sat fat** 0g (0% DV), **Trans fat** 0g, **Monounsaturated fat** 0g, **Polyunsaturated fat** 0g, **Cholesterol** 30mg (10% DV), **Sodium** 700mg (29% DV), **Potassium** 210mg (6% DV), **Total carb** 2g (1% DV), **Fiber** 1g (4% DV), **Sugars** 1g, **Protein** 12g (24% DV), **Vitamin A** (2% DV), **Vitamin C** (2% DV), **Calcium** (2% DV), **Iron** (4% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

Calories	Total fat	Cholest	Sodium	Protein
60	0.5 g	30 mg	700 mg	12 g

TURKEY



# TURKEY NUTRITION FACTS

## CAJUN STYLE SMOKED OVEN ROASTED TURKEY BREAST



### Nutrition Facts

Serv size: 2 oz (56g), Servings:  
Varied, Amount Per Serving:

**Calories** 60, **Fat cal** 5, **Total fat** 0.5g (1% DV), **Sat fat** 0g (0% DV), **Trans fat** 0g, **Monounsaturat fat** 0g, **Polyunsaturat fat** 0g, **Cholest** 25mg (8% DV), **Sodium** 650mg (27% DV), **Potassium** 160mg (5% DV), **Total carb** 1g (0% DV), **Fiber** 0g (0% DV), **Sugars** 0g, **Protein** 13g (26% DV), **Vitamin A** (2% DV), **Vitamin C** (0% DV), **Calcium** (2% DV), **Iron** (4% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

Calories	Total fat	Cholest	Sodium	Protein
60	0.5 g	25 mg	650 mg	13 g

## PITCRAFT. SLOW SMOKED TURKEY BREAST



### Nutrition Facts

Serv size: 2 oz (56g), Servings:  
Varied, Amount Per Serving:

**Calories** 60, **Fat cal** 10, **Total fat** 1g (2% DV), **Sat fat** 0g (0% DV), **Trans fat** 0g, **Monounsaturat fat** 0g, **Polyunsaturat fat** 0g, **Cholest** 25mg (8% DV), **Sodium** 500mg (22% DV), **Potassium** 150mg (4% DV), **Total carb** 0g (0% DV), **Fiber** 0g (0% DV), **Sugars** 0g, **Protein** 13g (26% DV), **Vitamin A** (0% DV), **Vitamin C** (0% DV), **Calcium** (0% DV), **Iron** (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

Calories	Total fat	Cholest	Sodium	Protein
60	1 g	25 mg	500 mg	13 g



## SALSALITO. ROASTED TURKEY BREAST



### Nutrition Facts

Serv size: 2 oz (56g), Servings:  
Varied, Amount Per Serving:

**Calories** 60, **Fat cal** 5, **Total fat** 0.5g (1% DV), **Sat fat** 0g (0% DV), **Trans fat** 0g, **Monounsaturat fat** 0g, **Polyunsaturat fat** 0g, **Cholest** 25mg (8% DV), **Sodium** 480mg (20% DV), **Potassium** 170mg (5% DV), **Total carb** 1g (0% DV), **Fiber** 0g (0% DV), **Sugars** 0g, **Protein** 13g (26% DV), **Vitamin A** (0% DV), **Vitamin C** (0% DV), **Calcium** (0% DV), **Iron** (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

Calories	Total fat	Cholest	Sodium	Protein
60	0.5 g	25 mg	480 mg	13 g



## CRACKED PEPPER MILL. SMOKED TURKEY BREAST



### Nutrition Facts

Serv size: 2 oz (56g), Servings:  
Varied, Amount Per Serving:

**Calories** 60, **Fat cal** 10, **Total fat** 1g (2% DV), **Sat fat** 0g (0% DV), **Trans fat** 0g, **Monounsaturat fat** 0g, **Polyunsaturat fat** 0g, **Cholest** 30mg (10% DV), **Sodium** 460mg (19% DV), **Potassium** 170mg (5% DV), **Total carb** 0g (0% DV), **Fiber** 0g (0% DV), **Sugars** 1g, **Protein** 13g (23% DV), **Vitamin A** (0% DV), **Vitamin C** (0% DV), **Calcium** (0% DV), **Iron** (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

Calories	Total fat	Cholest	Sodium	Protein
60	1 g	30 mg	460 mg	13 g



## HICKORY SMOKED BLACK FOREST TURKEY BREAST - 40% LOWER SODIUM



### Nutrition Facts

Serv size: 2 oz (56g), Servings:  
Varied, Amount Per Serving:

**Calories** 60, **Fat cal** 10, **Total fat** 1g (2% DV), **Sat fat** 0g (0% DV), **Trans fat** 0g, **Monounsaturat fat** 0g, **Polyunsaturat fat** 0g, **Cholest** 25mg (8% DV), **Sodium** 390mg (16% DV), **Potassium** 150mg (4% DV), **Total carb** 0g (0% DV), **Fiber** 0g (0% DV), **Sugars** 0g, **Protein** 13g (26% DV), **Vitamin A** (0% DV), **Vitamin C** (0% DV), **Calcium** (0% DV), **Iron** (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

Calories	Total fat	Cholest	Sodium	Protein
60	1 g	25 mg	390 mg	13 g





# TURKEY NUTRITION FACTS

## MAPLE GLAZED HONEY COAT, TURKEY BREAST



### Nutrition Facts

Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:

**Calories** 70, Fat cal 5, **Total fat** 0.5g (1% DV), Sat fat 0g (0% DV), *Trans* fat 0g, Monounsat fat 0g, Polyunsat fat 0g, **Cholest** 30mg (10% DV), **Sodium** 480mg (20% DV), **Potassium** 180mg (5% DV), **Total carb** 2g (1% DV), Fiber 0g (0% DV), Sugars 2g, **Protein** 14g (24% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

Calories	Total fat	Cholest	Sodium	Protein
70	0.5 g	30 mg	480 mg	14 g

## MESQUITE WOOD SMOKED, ROASTED TURKEY BREAST



### Nutrition Facts

Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:

**Calories** 60, Fat cal 10, **Total fat** 1g (2% DV), Sat fat 0g (0% DV), *Trans* fat 0g, Monounsat fat 0g, Polyunsat fat 0g, **Cholest** 25mg (8% DV), **Sodium** 440mg (18% DV), **Potassium** 170mg (5% DV), **Total carb** 0g (0% DV), Fiber 0g (0% DV), Sugars 0g, **Protein** 12g (21% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

Calories	Total fat	Cholest	Sodium	Protein
80	1 g	25 mg	440 mg	12 g

## NO SALT ADDED OVEN ROASTED TURKEY BREAST



### Nutrition Facts

Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:

**Calories** 70, Fat cal 10, **Total fat** 1g (2% DV), Sat fat 0g (0% DV), *Trans* fat 0g, Monounsat fat 0g, Polyunsat fat 0g, **Cholest** 40mg (13% DV), **Sodium** 55mg (2% DV), **Potassium** 190mg (5% DV), **Total carb** 0g (0% DV), Fiber 0g (0% DV), Sugars 0g, **Protein** 14g (24% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

Calories	Total fat	Cholest	Sodium	Protein
70	1 g	40 mg	55 mg	14 g

## OUR PREMIUM 46% LOWER SODIUM OVEN ROASTED TURKEY BREAST



### Nutrition Facts

Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:

**Calories** 60, Fat cal 10, **Total fat** 1g (2% DV), Sat fat 0g (0% DV), *Trans* fat 0g, Monounsat fat 0g, Polyunsat fat 0g, **Cholest** 20mg (7% DV), **Sodium** 360mg (15% DV), **Potassium** 150mg (4% DV), **Total carb** 0g (0% DV), Fiber 0g (0% DV), Sugars 0g, **Protein** 12g (24% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

Calories	Total fat	Cholest	Sodium	Protein
60	1 g	20 mg	360 mg	12 g

## OVENGOLD, ROASTED TURKEY BREAST



### Nutrition Facts

Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:

**Calories** 60, Fat cal 10, **Total fat** 1g (2% DV), Sat fat 0g (0% DV), *Trans* fat 0g, Monounsat fat 0g, Polyunsat fat 0g, **Cholest** 20mg (7% DV), **Sodium** 360mg (15% DV), **Potassium** 140mg (4% DV), **Total carb** 0g (0% DV), Fiber 0g (0% DV), Sugars 0g, **Protein** 11g (19% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

Calories	Total fat	Cholest	Sodium	Protein
60	1 g	20 mg	360 mg	11 g



# ALL NATURAL\* NUTRITION FACTS

## PASTRAMI SEASONED TURKEY BREAST



### Nutrition Facts

Serv size: 2 oz (56g), Servings:  
Varied, Amount Per Serving:

Calories	Total fat	Cholest	Sodium	Protein
60	1 g	25 mg	460 mg	13 g

**Calories** 60, **Fat cal** 10, **Total fat** 1g (2% DV), **Sat fat** 0g (0% DV), **Trans fat** 0g, **Monounsaturat fat** 0g, **Polyunsaturat fat** 0g, **Cholest** 25mg (8% DV), **Sodium** 460mg (19% DV), **Potassium** 190mg (5% DV), **Total carb** 1g (0% DV), **Fiber** 0g (0% DV), **Sugars** 0g, **Protein** 13g (23% DV), **Vitamin A** (0% DV), **Vitamin C** (0% DV), **Calcium** (0% DV), **Iron** (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

## GOLDEN ROASTED TURKEY BREAST



### Nutrition Facts

Serv size: 2 oz (56g), Servings:  
Varied, Amount Per Serving:

Calories	Total fat	Cholest	Sodium	Protein
60	1 g	25 mg	380 mg	12 g

**Calories** 60, **Fat cal** 10, **Total fat** 1g (2% DV), **Sat fat** 0g (0% DV), **Trans fat** 0g, **Monounsaturat fat** 0g, **Polyunsaturat fat** 0g, **Cholest** 25mg (8% DV), **Sodium** 380mg (16% DV), **Potassium** 170mg (5% DV), **Total carb** 0g (0% DV), **Fiber** 0g (0% DV), **Sugars** 0g, **Protein** 12g (21% DV), **Vitamin A** (0% DV), **Vitamin C** (0% DV), **Calcium** (0% DV), **Iron** (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

## ALL NATURAL\* ROASTED TURKEY BREAST



### Nutrition Facts

Serv size: 2 oz (56g), Servings:  
Varied, Amount Per Serving:

Calories	Total fat	Cholest	Sodium	Protein
60	1 g	30 mg	440 mg	13 g

**Calories** 60, **Fat cal** 10, **Total fat** 1g (1% DV), **Sat fat** 0g (0% DV), **Trans fat** 0g, **Monounsaturat fat** 0g, **Polyunsaturat fat** 0g, **Cholest** 30mg (9% DV), **Sodium** 440mg (18% DV), **Potassium** 150mg (4% DV), **Total carb** 1g (0% DV), **Fiber** 0g (0% DV), **Sugars** 1g, **Protein** 13g (26% DV), **Vitamin A** (0% DV), **Vitamin C** (0% DV), **Calcium** (0% DV), **Iron** (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

## ALL NATURAL\* SMOKED TURKEY BREAST



### Nutrition Facts

Serv size: 2 oz (56g), Servings:  
Varied, Amount Per Serving:

Calories	Total fat	Cholest	Sodium	Protein
70	1 g	30 mg	460 mg	14 g

**Calories** 70, **Fat cal** 10, **Total fat** 1g (1% DV), **Sat fat** 0g (0% DV), **Trans fat** 0g, **Monounsaturat fat** 0g, **Polyunsaturat fat** 0g, **Cholest** 30mg (9% DV), **Sodium** 460mg (19% DV), **Potassium** 170mg (5% DV), **Total carb** 1g (0% DV), **Fiber** 0g (0% DV), **Sugars** 1g, **Protein** 14g (27% DV), **Vitamin A** (0% DV), **Vitamin C** (0% DV), **Calcium** (0% DV), **Iron** (4% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

## ALL NATURAL\* TUSCAN BRAND TURKEY BREAST



### Nutrition Facts

Serv size: 2 oz (56g), Servings:  
Varied, Amount Per Serving:

Calories	Total fat	Cholest	Sodium	Protein
70	1 g	30 mg	480 mg	15 g

**Calories** 70, **Fat cal** 10, **Total fat** 1g (2% DV), **Sat fat** 0g (0% DV), **Trans fat** 0g, **Monounsaturat fat** 0g, **Polyunsaturat fat** 0g, **Cholest** 30mg (10% DV), **Sodium** 480mg (20% DV), **Potassium** 160mg (4% DV), **Total carb** 1g (0% DV), **Fiber** 0g (0% DV), **Sugars** 1g, **Protein** 15g (29% DV), **Vitamin A** (0% DV), **Vitamin C** (2% DV), **Calcium** (0% DV), **Iron** (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

\*No artificial ingredients, minimally processed.



ORGANIC HERB SEASONED TURKEY BREAST



**Nutrition Facts**

Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:

Calories	Total fat	Cholest	Sodium	Protein
60	1 g	60 mg	490 mg	13 g

**Calories** 60, **Fat** cal 10, **Total fat** 1g (1% DV), **Sat fat** 0g (0% DV), **Trans fat** 0g, **Monounsaturat fat** 0g, **Polyunsaturat fat** 0g, **Cholest** 60mg (20% DV), **Sodium** 490mg (20% DV), **Potassium** 180mg (5% DV), **Total carb** 1g (0% DV), **Fiber** 1g (2% DV), **Sugars** 0g, **Protein** 13g (27% DV), **Vitamin A** (0% DV), **Vitamin C** (0% DV), **Calcium** (0% DV), **Iron** (4% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

ALL NATURAL\* CAP-OFF TOP ROUND OVEN ROASTED BEEF



**Nutrition Facts**

Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:

Calories	Total fat	Cholest	Sodium	Protein
80	3 g	40 mg	140 mg	14 g

**Calories** 80, **Fat** cal 25, **Total fat** 3g (4% DV), **Sat fat** 1g (5% DV), **Trans fat** 0g, **Monounsaturat fat** 1g, **Polyunsaturat fat** 0g, **Cholest** 40mg (13% DV), **Sodium** 140mg (6% DV), **Potassium** 200mg (6% DV), **Total carb** 0g (0% DV), **Fiber** 0g (0% DV), **Sugars** 0g, **Protein** 14g (28% DV), **Vitamin A** (0% DV), **Vitamin C** (2% DV), **Calcium** (0% DV), **Iron** (6% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

ALL NATURAL\* UNCURED\* HAM



**Nutrition Facts**

Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:

Calories	Total fat	Cholest	Sodium	Protein
70	2 g	30 mg	390 mg	11 g

**Calories** 70, **Fat** cal 20, **Total fat** 2g (3% DV), **Sat fat** 0.5g (3% DV), **Trans fat** 0g, **Monounsaturat fat** 0.5g, **Polyunsaturat fat** 0g, **Cholest** 30mg (11% DV), **Sodium** 390mg (16% DV), **Potassium** 170mg (5% DV), **Total carb** 1g (0% DV), **Fiber** 0g (0% DV), **Sugars** 1g, **Protein** 11g (23% DV), **Vitamin A** (0% DV), **Vitamin C** (2% DV), **Calcium** (0% DV), **Iron** (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

ALL NATURAL\* APPLEWOOD SMOKED UNCURED\* HAM



**Nutrition Facts**

Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:

Calories	Total fat	Cholest	Sodium	Protein
70	2 g	35 mg	440 mg	11 g

**Calories** 70, **Fat** cal 20, **Total fat** 2g (3% DV), **Sat fat** 0.5g (4% DV), **Trans fat** 0g, **Monounsaturat fat** 1g, **Polyunsaturat fat** 0g, **Cholest** 35mg (11% DV), **Sodium** 440mg (18% DV), **Potassium** 190mg (5% DV), **Total carb** 1g (0% DV), **Fiber** 0g (0% DV), **Sugars** 1g, **Protein** 11g (23% DV), **Vitamin A** (0% DV), **Vitamin C** (4% DV), **Calcium** (0% DV), **Iron** (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

ALL NATURAL\* UNCURED\* GENOA SALAME



**Nutrition Facts**

Serv size: 1 oz (28g), Servings: Varied, Amount Per Serving:

Calories	Total fat	Cholest	Sodium	Protein
90	7 g	25 mg	430 mg	6 g

**Calories** 90, **Fat** cal 60, **Total fat** 7g (11% DV), **Sat fat** 2.5g (12% DV), **Trans fat** 0g, **Monounsaturat fat** 3g, **Polyunsaturat fat** 1g, **Cholest** 25mg (9% DV), **Sodium** 430mg (18% DV), **Potassium** 110mg (3% DV), **Total carb** 0g (0% DV), **Fiber** 0g (0% DV), **Sugars** 0g, **Protein** 7g (13% DV), **Vitamin A** (0% DV), **Vitamin C** (0% DV), **Calcium** (0% DV), **Iron** (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

\*No artificial ingredients, minimally processed.

ALL NATURAL\*



ALL NATURAL\* UNCURED† SOPRESSATA PICCANTE

ALL NATURAL\*



**Nutrition Facts**

Serv size: 1 oz (28g), Servings: Varied, Amount Per Serving:

Calories	Total fat	Cholest	Sodium	Protein
90	7g	20mg	490mg	7g

**Calories 90**, Fat cal 60, **Total fat 7g** (11% DV), Sat fat 3g (15% DV), *Trans fat* 0g, Monounsaturated fat 3.5g, Polyunsaturated fat 0g, **Cholest 20mg** (7% DV), **Sodium 490mg** (20% DV), **Potassium 110mg** (3% DV), **Total carb 1g** (0% DV), Fiber 0g (0% DV), Sugars 0g, **Protein 7g** (14% DV), Vitamin A (0% DV), Vitamin C (2% DV), Calcium (0% DV), Iron (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

ALL NATURAL IMPORTED SWISS CHEESE



**Nutrition Facts**

Servings: Varied, Serv size: 1 oz (28g), Amount Per Serving:

Calories	Total fat	Cholest	Sodium	Protein
110	8g	25mg	60mg	9g

**Calories 110**, **Total fat 8g** (11% DV), Sat fat 5g (25% DV), *Trans fat* 0g, **Cholest 25mg** (9% DV), **Sodium 60mg** (3% DV), **Total Carb <1g** (0% DV), Fiber 0g (0% DV), Total sugars 0g (Incl 0g added sugars, 0% DV), **Protein 9g** (17% DV), Vit D (0% DV), Calcium (20% DV), Iron (0% DV), Potas (1% DV).

ALL NATURAL PICANTE PROVOLONE CHEESE



**Nutrition Facts**

Servings: Varied, Serv size: 1 oz (28g), Amount Per Serving:

Calories	Total fat	Cholest	Sodium	Protein
100	8g	25mg	220mg	7g

**Calories 100**, **Total fat 8g** (10% DV), Sat fat 5g (25% DV), *Trans fat* 0g, **Cholest 25mg** (8% DV), **Sodium 220mg** (10% DV), **Total Carb 1g** (0% DV), Fiber 0g (0% DV), Total sugars 0g (Incl 0g added sugars, 0% DV), **Protein 7g** (14% DV), Vit D (0% DV), Calcium (15% DV), Iron (0% DV), Potas (0% DV).

ORGANIC WHITE CHEDDAR CHEESE



**Nutrition Facts**

Servings: Varied, Serv size: 1 oz (28g), Amount Per Serving:

Calories	Total fat	Cholest	Sodium	Protein
110	9g	30mg	150mg	7g

**Calories 110**, **Total fat 9g** (12% DV), Sat fat 6g (30% DV), *Trans fat* 0g, **Cholest 30mg** (10% DV), **Sodium 150mg** (7% DV), **Potassium 0mg** (0% DV), **Total Carb <1g** (0% DV), Fiber 0g (0% DV), Total sugars 0g (Incl 0g added sugars, 0% DV), **Protein 7g** (14% DV), Vit D (0% DV), Calcium (15% DV), Iron (0% DV).



\*No artificial ingredients, minimally processed.

†No Nitrates or Nitrites added except for those naturally occurring in sea salt, celery powder, cultured celery powder or cultured celery juice powder.





Made with All Natural\* Cap-Off Top Round  
Oven Roasted Beef  
Standard serving is 2 oz. This salad contains 2 servings.  
\*No artificial ingredients, minimally processed



ALL NATURAL\* NUTRITION FACTS

ALL NATURAL\*



Made with All Natural\* Tuscan Brand Turkey Breast.  
Standard serving is 2 oz. This sandwich contains 1.5 servings.  
\*No artificial ingredients, minimally processed



FOR ALL NATURAL\* MEATS:

\*No artificial ingredients, minimally processed  
Raised without added hormones<sup>1</sup>, and no antibiotics ever  
No Nitrates or Nitrites Added<sup>2</sup>  
No preservatives  
Humanely raised<sup>3</sup>

<sup>1</sup>Raised without the use of antibiotics, hormones, growth promotants or animal by-products. Federal Regulations prohibit the use of hormones in poultry and pork.

<sup>2</sup>Turkey breast contains naturally occurring nitrates in sea salt. Ham contains naturally occurring nitrates in sea salt and cultured celery powder.

<sup>3</sup>Bear's Head Brand defines humanely raised as animals raised with shelter, resting areas, sufficient space, and the ability to engage in natural behaviors.



Made with All Natural\* Oven Roasted Beef  
Standard serving size is 2 oz.  
This wrap contains 1.5 servings.

\*No artificial ingredients, minimally processed.





Made with Ovengold® Turkey Breast. Standard serving size is 2oz.  
This dish contains 1.5 servings.



## GLUTEN FREE GOAT CHEESE & APPLE SALAD

**SERVINGS: 4**

### INGREDIENTS:

- 2 tablespoons White wine vinegar
- 1 teaspoon Honey
- 3 Fuji apples, sliced in wedges
- 6 Basil leaves, fresh, chopped
- 6 cups Spring mix lettuce
- ¼ cup Baby spinach, fresh, chopped
- ¼ cup Scallions, chopped
- 1 cup Boar's Head® Goat Cheese, shaved (available at the Service Deli)
- 1 tablespoon Olive oil
- ¼ cup Toasted slivered almonds

### DELI SOURCE

*Boar's Head® meats, cheeses and condiments have been gluten free since before you even thought to ask. That's why, over 25 years ago, we were one of the first companies to develop a relationship with the Celiac Support Association (formerly Celiac Sprue Association). You can shop confidently knowing that all Boar's Head® meats, cheeses, spreads and condiments are gluten free.*

In a medium bowl, whisk together the vinegar and the honey. Add the apples and basil and toss to coat. In a separate large bowl, add the spring mix, spinach, scallions, goat cheese and almonds. Pour the apple mixture and olive oil over the salad and toss to coat. Split evenly among four bowls and serve.

## SPICED OVENGOLD® TURKEY FAJITAS

**SERVINGS: 4**

### INGREDIENTS:

- 1 pound Boar's Head® Ovensgold Turkey Breast, sliced ¼" thick
- 1 tablespoon Olive oil
- 1 Red onion, cut into strips
- 1 Green pepper, cut into strips
- 1 Red pepper, cut into strips
- 1½ teaspoons Fajita seasoning
- 8 Flour tortillas

### DELI SOURCE

*Your favorite Boar's Head® delicatessen meats are for more than just sandwiches. Save time in meal preparation by replacing center of the plate meats with your favorite Boar's Head meat that is already fully cooked and full of flavor. Simply ask your deli associate to slice your meat ¼" to ½" thick. Then, cut it into strips, cube it, or serve it deliciously on its own.*

Cut the Ovensgold Turkey Breast into strips. Heat oil in a skillet over medium-high heat, then add the onions and peppers; sauté for 3 minutes. Once the vegetables are tender, add the Ovensgold Turkey Breast and seasoning and cook until the turkey is warmed through, about 4 minutes. Warm the tortillas and spoon on the turkey mixture. Roll up and enjoy.

Serve with sour cream, salsa, grated cheese, guacamole, or lime wedges, if desired.





Made with Blackened Turkey Breast & 3 Pepper Colby Jack Cheese.  
Standard serving size for Turkey and Cheese is 2 oz and 1 oz respectively.  
This wrap contains 1.5 servings of turkey and 1 serving of cheese.



Made with Prosciutto di Parma. Standard serving size is 1 oz  
This flat bread contains 1.5 servings.

\*No artificial ingredients, minimally processed

Please note that the Heart-Check Food Certification does not apply to recipes, unless expressly stated.  
For more information, see the American Heart Association® nutrition guidelines at [heartcheckmark.org/guidelines](http://heartcheckmark.org/guidelines).



## BOLD BLACKENED TURKEY CAESAR WRAP

SERVINGS: 1

### INGREDIENTS:

- 1 Sandwich wrap
- 1 tablespoon Caesar dressing
- ½ cup Romaine lettuce, hand-chopped
- 4 slices Boar's Head Bold® Blackened Turkey Breast
- 2 slices Boar's Head Bold 3 Pepper Colby Jack® Cheese
- ¼ cup Tomato, diced

Lay the sandwich wrap on a clean, flat work surface. Spread the Caesar dressing evenly over the wrap. Next, layer ingredients on the wrap in the following order: lettuce, Bold Blackened Turkey Breast, Bold 3 Pepper Colby Jack Cheese, tomatoes. Starting at one end, tightly roll the wrap, tucking ingredients as you roll. Slice in half diagonally and serve.

### DELI SOURCE

*Think beyond turkey, ham and roast beef. Boar's Head offers a complete array of flavor options for every palate. The Boar's Head Bold line of exceptional quality delicatessen meats, cheeses and condiments are all inspired from destinations around the globe. Next time you're at the Deli, take your taste buds on a trip around the world with Boar's Head Bold products.*

## PROSCIUTTO & PROVOLONE PIZZA

SERVINGS: 1

### INGREDIENTS:

- 1 Flatbread, garlic flavored
- 1 Garlic clove, chopped
- 2 teaspoons Extra virgin olive oil
- 3 slices Boar's Head® Prosciutto di Parma, thinly sliced
- 4 slices Boar's Head® Provolone Cheese
- 8 Kalamata olives, pitted and sliced
- 8 Basil leaves

Preheat the oven to 350 degrees. Rub the garlic and 1 teaspoon of the olive oil on the flatbread. Arrange the Prosciutto di Parma and Provolone Cheese, alternating, on the flatbread. Top with the olives and whole basil leaves. Drizzle the remaining olive oil over top and bake for 5 to 7 minutes, until cheese is melted.

### DELI SOURCE

*Boar's Head Prosciutto di Parma is a great addition to enhance the flavor of many of your favorite dishes. To fully appreciate its delicate, sweet taste, it's best to serve Boar's Head Prosciutto di Parma at room temperature and sliced thin. For a traditional antipasto platter, arrange slices of Prosciutto di Parma with Italian cheeses and crusted bread.*





Made with Ovengold, Turkey Breast. Standard serving size is 2 oz.  
All three of these sliders are 1.5 servings in total.



Made with Pepperhouse Gourmaise. Standard serving size is 2 oz. This dish contains 1.5 servings.

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For more information, see the American Heart Association® nutrition guidelines at [heartcheckmark.org/guidelines](http://heartcheckmark.org/guidelines).



## OVENGOLD, TURKEY SLAW SLIDERS

**SERVINGS: 4**

### INGREDIENTS:

- 3 each Pretzel or round roll, small & sliced in half lengthwise
- 3 tablespoons Boar's Head Bold, Fiery Chipotle Gourmaise, Spread
- 3 tablespoons Coleslaw, prepared
- 3 slices Boar's Head, Muenster Cheese
- 6 slices Boar's Head Ovingold Turkey Breast

### DELI SOURCE

*Looking for something to do with your little ones? Try making meals together. This is a fun way to spend time laughing, learning, and, most importantly, enjoying.*

Place open rolls onto a clean work surface. Spread the Boar's Head Bold Fiery Chipotle Gourmaise on the top and bottom half of each roll. Top the bottom of each roll with coleslaw, cheese, and turkey, dividing ingredients in thirds. Crown with the roll top and serve.

## PEPPERHOUSE GOURMAISE, DIP

**SERVINGS: 4**

### INGREDIENTS:

- 1 Bottle Boar's Head, Pepperhouse Gourmaise, Spread
- Mini carrots
- Cucumber
- Red pepper
- Radishes
- Celery

### DELI SOURCE

*Boar's Head not only offers your favorite meats and cheeses, but also an entire line of condiments and hummus. Try serving Boar's Head Hummus or Pepperhouse Gourmaise with fresh-cut veggies for delightful crudités you and your guests will love.*

It's as easy as opening a bottle. Simply pour Boar's Head Pepperhouse Gourmaise into a medium bowl and place onto an oval serving platter. Surround the dip with a collection of fresh crudités and be creative. In addition to carrots, cucumber, peppers, radishes, and celery, consider a few more unusual veggies such as strips of fennel, jicama, leaves of Belgian endive, and asparagus tips.





Made with SmokeMaster Black Forest Ham.  
Standard serving size is 1 oz.  
This dish contains 2 servings.



Made with Sweet Slice, Smoked Uncured Ham.  
Standard serving size is 2 oz. This dish is made with 1 serving.



## SMOKEMASTER BEECHWOOD SMOKED, BLACK FOREST HAM ASPARAGUS ROLL-UPS

**SERVINGS: 2**

### INGREDIENTS:

- 8 Asparagus spears
- 8 slices Boar's Head® SmokeMaster Beechwood Smoked Black Forest Ham
- 1 tablespoon Olive oil

Trim the ends of the asparagus spears. Fill a large saucepan with 1.5-inches of water and bring to a boil. Add the asparagus and cook until tender, about 3-4 minutes. Remove the asparagus and rinse with cold water; then pat dry with paper towels. Lay one slice of ham on a flat work surface. Place an asparagus spear at one edge of the ham slice and roll up; repeat. For a warmer snack, try heating the ham first. In a medium skillet, heat one tablespoon of olive oil over medium heat; then place each slice of ham into sauté pan and cook for 1-2 minutes, until ham is warmed through. Let the ham cool slightly before rolling with asparagus.

### DELI SOURCE

*The deli can be a great source of extra lean protein. For a quick, wholesome snack, try rolling your favorite Boar's Head deli meat around your favorite vegetable.*

## EGGS BENEDICT

**SERVINGS: 6**

### INGREDIENTS:

- 1 packet Hollandaise sauce mix
- 2 tablespoons Butter
- 3 English muffins, split
- 6 slices Boar's Head® Sweet Slice, Smoked Uncured Ham
- 6 Eggs, poached

Prepare Hollandaise sauce according to package directions. Melt 1 tablespoon of butter in frying pan, then warm the ham slices in pan for approximately 1 minute. Toast and lightly butter the English muffins. Layer one slice of ham on top of each of the toasted and buttered muffin slices. Place a poached egg on top of each ham slice and drizzle with warm Hollandaise sauce.

### DELI SOURCE

*Don't skip out on breakfast. Eating in the morning is proven to make you more energized and focused throughout the day. Try adding Boar's Head meats to your morning meal for extra protein.*





Made with Ovengold® Turkey Breast.  
Standard serving size is 2 oz.  
This wrap is made with 1.5 servings.



Made with Pepperoni, Hot Uncured Capocollo, & Genoa Salami.  
Standard serving size is 2 oz.  
This sandwich is made with 2 servings.

Please note that the Heart-Check Food Certification does not apply to recipes, unless expressly stated.  
For more information, see the American Heart Association® nutrition guidelines at [heartcheckmark.org/guidelines](http://heartcheckmark.org/guidelines).



## OVENGOLD® TURKEY SWEET & SPICY CURRY PITA

**SERVINGS: 4**

### INGREDIENTS:

- 1¼ teaspoons Curry powder
- 1 cup Dried cranberries
- ½ teaspoon Sugar
- ½ cup Plain low-fat Greek yogurt
- ½ pound Boar's Head® Ovensgold Turkey Breast, sliced ½" thick, diced
- ¼ cup Celery, chopped
- ½ cup Toasted walnuts
- 2 Whole wheat pita breads
- 4 Lettuce leaves

### DELI SOURCE

*Reducing sodium in your diet doesn't mean removing the flavor. Boar's Head offers an entire line of lower sodium meats and cheeses that fit into a better-for-you lifestyle.*

Heat a dry skillet over medium heat, then add curry powder and toast for 20 seconds; let cool. Mix dried cranberries, sugar, and low-fat Greek yogurt in a bowl. Add the diced turkey, celery, walnuts, and toasted curry powder; combine thoroughly. Cut pita breads in half. Place a leaf of lettuce in each pita pocket; then divide the turkey mixture evenly among the 4 pita halves.

## CLASSIC ITALIAN SUB

**SERVINGS: 1**

### INGREDIENTS:

- 1 (8-inch) French baguette, sliced lengthwise
- 2 tablespoons Boar's Head® Deli Dressing
- 2 Lettuce leaves
- 6 slices Tomato, sliced thin
- ¼ cup Red onion, rings, thinly sliced
- 4 slices Boar's Head Pepperoni
- 4 slices Boar's Head Uncured Capocollo
- 4 slices Boar's Head Genoa Salami
- 2 slices Boar's Head Picante Provolone Cheese, sliced in half

### DELI SOURCE

*The creation of the sandwich is credited to John Montagu, the fourth Earl of Sandwich, in 1762. It's said that he was often on the run and requested meat between two slices of bread. And, thus the sandwich was born.*

*Read more at:*

<https://www.history.com/news/the-story-of-the-sandwich>

Place opened roll onto a work surface. Drizzle dressing onto the bottom half of the roll. Then layer on ingredients in the following order: lettuce, tomato, onions, Pepperoni, Capocollo, Salami, and cheese. Crown with the top roll and serve.



# Boar's Head

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All of our products are made with exceptional care and attention to quality.

Since 1905, Boar's Head has been a family business.  
In the beginning, we had a very simple idea.  
Make the finest cold cuts possible. Nothing less.

We still insist on the same unwavering commitment to those standards we established long ago. Meats and cheeses that contain no gluten\*, artificial colors, flavors or caramel color, MSG added, fillers or by-products, or trans fat†.

To this day, we start out with only the finest ingredients. Pure beef, pork and poultry, and real spices. Our ham is trimmed by hand the old-fashioned way, and our turkey and chicken are oven roasted, just the way you roast yours.

Boar's Head is proud and honored to be the name you can trust as the very best for your family.

For additional nutritional information, please call:  
1-800-352-6277

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\*All Boar's Head meats, cheeses, spreads and condiments are gluten free.

†From partially hydrogenated oils.