



Boar's Head

Compromise elsewhere.®

**Nutritional Facts and Recipes
for our Premium Products**





Boar's Head

In this booklet you'll find nutrition information for many Boar's Head Brand® Premium Delicatessen products, the very best quality in cold cuts, cheeses and condiments. Enjoy them alone or in imaginative combinations in sandwiches or recipes. You can depend on each and every one of them to be fresh and full of flavor.

All Natural	(0-1 g carbs)	pg. 21-22
Beef	(0-2 g carbs)	pg. 2-3
Bologna, Wurst & Loaves	(0-2 g carbs)	pg. 4-5
Cheese	(0-2 g carbs)	pg. 6-9
Chicken	(0-2 g carbs)	pg. 10-11
Ham	(1-3 g carbs)	pg. 12-14
Italian & Other Delicacies	(0-2 g carbs)	pg. 15-17
Turkey	(0-2 g carbs)	pg. 18-20
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FEINGOLD®

Boar's Head Provisions Co., Inc., is pleased to announce that all products marked with a diamond (◆) in this brochure are qualified for inclusion on the Feingold food list for persons on food sensitive diets.

The Feingold Association of the United States is a non-profit volunteer organization whose purpose is to support their members in the implementation of the Feingold Program and to generate public awareness of the potential role of foods and synthetic additives in behavior, learning and health problems.

**ALL BOAR'S HEAD MEATS, CHEESES AND
CONDIMENTS ARE GLUTEN FREE.**



The following Boar's Head Brand products are certified by the American Heart Association because they meet criteria for saturated fat and cholesterol. We met their high standards simply by living up to our own.

All American Heart Association certified products are marked with a (♥) throughout the book.



American Heart Association

Products displaying the heart-check meets American Heart Association food criteria for saturated fat and cholesterol for healthy people over age 2.

Per 2 oz serving

TURKEY

- All Natural* Roasted Turkey Breast
- All Natural* Smoked Turkey Breast
- All Natural* Tuscan Brand Roasted Turkey Breast
- All Natural* Roasted Turkey Breast with Lemon & Herb
- Cracked Pepper Mill® Smoked Turkey Breast
- Golden Catering Style Oven Roasted Turkey Breast
- 47% Lower Sodium
- Hickory Smoked Black Forest Turkey Breast
- 40% Lower Sodium
- Maple Glazed Honey Coat™ Turkey Breast
- Mesquite Wood Smoked® Roasted Turkey Breast
- No Salt Added Oven Roasted Turkey Breast
- Our Premium 47% Lower Sodium Turkey Breast - Skinless
- Our Premium 50% Lower Sodium Turkey Breast - Skin-On
- Ovengold® Roasted Breast of Turkey
- Pastrami Seasoned Turkey Breast
- Salsalito® Roasted Breast of Turkey

CHICKEN

- EverRoast® Oven Roasted Chicken Breast
- All American BBQ Seasoned Chicken Breast
- Blazing Buffalo® Style Roasted Chicken Breast
- Golden Classic® Oven Roasted Chicken Breast
- 42% Lower Sodium
- Hickory Smoked Chicken Breast
- Lemon Pepper® Roasted Chicken Breast
- Maple Glazed Roasted Chicken Breast
- Rotisserie Seasoned Roasted Chicken Breast

HAM

- Branded Deluxe Ham - 42% Lower Sodium

BEEF

- Deluxe Low Sodium Oven Roasted Beef - Cap-Off Top Round
- Londonport® Top Round Seasoned Roast Beef

*No artificial ingredients, minimally processed.

Beef

Nutrition Facts

Deluxe Low Sodium Oven Roasted Beef - Cap-Off Top Round ♦♥

Nutrition Facts

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

Calories 80, Fat cal 20, **Total fat** 2.5g (4% DV), Sat fat 1g (5% DV), *Trans* fat 0g, Monounsaturat fat 1g, Polyunsaturat fat 0g, **Cholest** 30mg (10% 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.

Calories	Total fat	Cholest	Sodium	Protein
80	2.5g	30mg	80mg	15g

Cajun Style Seasoned - Cap-Off Top Round

Nutrition Facts

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

Calories 80, Fat cal 30, **Total fat** 3g (5% DV), Sat fat 1g (6% DV), *Trans* fat 0g, Monounsaturat fat 1.5g, Polyunsaturat fat 0g, **Cholest** 35mg (11% DV), **Sodium** 330mg (14% DV), **Potassium** 180mg (5% DV), **Total carb** 0g (0% DV), Fiber 0g (0% DV), Sugars 0g, **Protein** 12g (25% DV), Vitamin A (2% 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	3g	35mg	330mg	12g

Italian Style Seasoned Beef with Bracirole Seasoning

Nutrition Facts

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

Calories 80, Fat cal 25, **Total fat** 3g (4% DV), Sat fat 1g (5% DV), *Trans* fat 0g, Monounsaturat fat 1.5g, Polyunsaturat fat 0g, **Cholest** 35mg (12% DV), **Sodium** 370mg (15% DV), **Potassium** 180mg (5% 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 (6% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

Calories	Total fat	Cholest	Sodium	Protein
80	3g	35mg	370mg	13g

London Broil Cap-Off Top Round Oven Roasted Beef ♦

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	3g	25mg	310mg	12g

Londonport® Top Round Seasoned 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, **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.

Calories	Total fat	Cholest	Sodium	Protein
80	2.5g	40mg	350mg	13g

Beef

Nutrition Facts

Seasoned Filet of Roast Beef - Cap-Off Top Round

Nutrition Facts

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

Calories 80, 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** 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.

Calories	Total fat	Cholest	Sodium	Protein
80	2.5 g	40 mg	230 mg	14 g

Cooked Corned Beef Top Round - Cap-Off ♦

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 (6% DV),
Trans fat 0g, Monounsaturated fat 1g, Polyunsaturated 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.

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

1st Cut Cooked Corned Beef Brisket ♦

Nutrition Facts

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

Calories 80, Fat cal 30, **Total fat** 4g (6% DV), Sat fat 1.5g (7% DV),
Trans fat 0g, Monounsaturated fat 2g, Polyunsaturated fat 0g, **Cholest** 40mg (14%
DV), **Sodium** 460mg (19% 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
80	4 g	40 mg	460 mg	12 g

Cap-Off Top Round Pastrami

Nutrition Facts

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

Calories 70, Fat cal 25, **Total fat** 2.5g (4% DV), Sat fat 1g (5% DV),
Trans fat 0g, Monounsaturated fat 1.5g, Polyunsaturated 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.

Calories	Total fat	Cholest	Sodium	Protein
70	2.5 g	30 mg	600 mg	13 g

1st 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, Monounsaturated fat 2g, Polyunsaturated 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

Bologna, Wursts & Loaves

Nutrition Facts

28% Lower Sodium Bologna ♦

Nutrition Facts

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

Calories 150, Fat cal 110, **Total fat** 13g (20% DV), Sat fat 5g (23% DV),
Trans fat 0g, Monounsaturat fat 6g, Polyunsaturat fat 1.5g, **Cholest** 30mg (10%
DV), **Sodium** 410mg (17% 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.

Calories	Total fat	Cholest	Sodium	Protein
150	13 g	30 mg	410 mg	8 g

Beef Bologna ♦

Nutrition Facts

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

Calories 150, Fat cal 120, **Total fat** 13g (21% DV), Sat fat 4g (19% DV),
Monounsaturat fat 5g, Polyunsaturat fat 0g, **Cholest** 35mg (11% DV), **Sodium**
520mg (22% 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.

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

Garlic Bologna ♦

Nutrition Facts

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

Calories 150, Fat cal 120, **Total fat** 13g (21% DV), Sat fat 4.5g (22% DV),
Trans fat 0g, Monounsaturat fat 6g, Polyunsaturat fat 1g, **Cholest** 35mg (11%
DV), **Sodium** 530mg (22% DV), **Potassium** 110mg (3% DV), **Total carb**
1g (0% DV), Fiber 0g (0% DV), Sugars 1g, **Protein** 7g (4% 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
150	13 g	35 mg	530 mg	7 g

Bologna (Pork & Beef) ♦

Nutrition Facts

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

Calories 150, Fat cal 120, **Total fat** 13g (21% DV), Sat fat 4.5g (22%
DV), *Trans* fat 0g, Monounsaturat fat 6g, Polyunsaturat fat 1g, **Cholest** 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.

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

Lite Braunschweiger Liverwurst ♦

Nutrition Facts

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

Calories 120, Fat cal 80, **Total fat** 8g (13% DV), Sat fat 5g (24% DV),
Trans fat 0g, Monounsaturat fat 2.5g, Polyunsaturat fat 1g, **Cholest** 50mg (16%
DV), **Sodium** 450mg (19% DV), **Potassium** 105mg (3% DV), **Total carb**
1g (0% DV), Fiber 0g (0% DV), Sugars 0g, **Protein** 9g (18% DV), Vitamin
A (220% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (25% DV).
Percent Daily Values (DV) are based on a 2,000 calorie diet.

Calories	Total fat	Cholest	Sodium	Protein
120	8 g	50 mg	450 mg	9 g

Bologna, Wursts & Loaves

Nutrition Facts

Strassburger Brand Liverwurst ♦

Nutrition Facts

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

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, **Cholest** 85mg (28% DV), **Sodium** 470mg (20% DV), **Total carb** 1g (0% DV), Fiber 0g (0% DV), Sugars 1g, **Protein** 8g (16% DV), Vitamin A (220% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (25% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

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

Olive Loaf ♦

Nutrition Facts

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

Calories 130, Fat cal 110, **Total fat** 12g (18% DV), Sat fat 4.5g (24% DV), Trans fat 0g, Monounsaturated fat 6g, Polyunsaturated fat 0.5g, **Cholest** 20mg (7% DV), **Sodium** 630mg (26% DV), **Total carb** <1g (0% DV), Fiber 0g (0% DV), Sugars <1g, **Protein** 6g (11% 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
130	12g	20mg	630mg	6g

Pickle & Pepper Loaf

Nutrition Facts

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

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.

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

Beef Salami ♦

Nutrition Facts

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

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.

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

Cooked Salami ♦

Nutrition Facts

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

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 (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.

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

Cheese

Nutrition Facts

American Cheese (Yellow & White) ♦

Nutrition Facts

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

Calories 110, Fat cal 80, **Total fat** 9g (13% DV), Sat fat 6g (28% DV),
Trans fat 0g, Monounsaturated fat 2.5g, Polyunsaturated fat 0g, **Cholest** 25mg (9%
DV), **Sodium** 350mg (15% DV), **Total carb** 1g (0% DV), Fiber 0g (0% DV),
Sugars 0g, **Protein** 6g (11% DV), Vitamin A (2% DV), Vitamin C (0% DV),
Calcium (15% DV), Iron (0% DV). Percent Daily Values (DV) are based
on a 2,000 calorie diet.

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

25% Lower Sodium - 25% Lower Fat American Cheese (Yellow & White) ♦

Nutrition Facts

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

Calories 90, Fat cal 60, **Total fat** 6g (10% DV), Sat fat 4.5g (22% DV),
Trans fat 0g, **Cholest** 20mg (7% DV), **Sodium** 300mg (12% DV), **Total**
carb 2g (1% DV), Fiber 0g (0% DV), Sugars 0g, **Protein** 7g (13% DV),
Vitamin A (4% DV), Vitamin C (0% DV), Calcium (15% DV), Iron (2% DV).
Percent Daily Values (DV) are based on a 2,000 calorie diet.

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

Sharp American Cheese (White) ♦

Nutrition Facts

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

Calories 110, Fat cal 80, **Total fat** 9g (14% DV), Sat fat 6g (29% DV),
Trans fat 0g, **Cholest** 20mg (7% DV), **Sodium** 350mg (15% DV), **Total**
carb 1g (0% DV), Fiber 0g (0% DV), Sugars 1g, **Protein** 6g (11% DV),
Vitamin A (6% DV), Vitamin C (0% DV), Calcium (15% DV), Iron (0% DV).
Percent Daily Values (DV) are based on a 2,000 calorie diet.

Calories	Total fat	Cholest	Sodium	Protein
110	9 g	20 mg	350 mg	6 g

Chipotle Gouda Cheese

Nutrition Facts

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

Calories 100, Fat cal 70, **Total fat** 8g (12% DV), Sat fat 5g (27% DV),
Trans fat 0g, Monounsaturated fat 2g, Polyunsaturated fat 0g, **Cholest** 20mg (7%
DV), **Sodium** 240mg (10% DV), **Total carb** <1g (0% DV), Fiber 0g (0%
DV), Sugars 0g, **Protein** 6g (13% DV), Vitamin A (6% DV), Vitamin C (0%
DV), Calcium (15% DV), Iron (0% DV). Percent Daily Values (DV) are
based on a 2,000 calorie diet.

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

3 Pepper Colby Jack[™] Cheese

Nutrition Facts

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

Calories 100, Fat cal 70, **Total fat** 8g (13% DV), Sat fat 5g (26% DV),
Trans fat 0g, Monounsaturated fat 2g, Polyunsaturated fat 0g, **Cholest** 25mg (8%
DV), **Sodium** 170mg (7% DV), **Total carb** 1g (0% DV), Fiber 0g (0% DV),
Sugars 0g, **Protein** 6g (13% DV), Vitamin A (8% DV), Vitamin C (0% DV),
Calcium (20% DV), Iron (0% DV). Percent Daily Values (DV) are based
on a 2,000 calorie diet.

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

Cheese

Nutrition Facts

Horseradish Cheddar Cheese

Nutrition Facts

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

Calories 110, Fat cal 80, **Total fat** 9g (13% 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), Sugars 0g, **Protein** 6g (13% DV),
Vitamin A (4% DV), Vitamin C (0% DV), Calcium (15% DV), Iron (0% DV).
Percent Daily Values (DV) are based on a 2,000 calorie diet.

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

Vermont Cheddar Cheese (Yellow & White)

Nutrition Facts

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

Calories 110, Fat cal 90, **Total fat** 10g (15% DV), Sat fat 6g (32% DV),
Trans fat 0g, Monounsaturat fat 2g, Polyunsaturat fat 0g, **Cholest** 30mg (10%
DV), **Sodium** 180mg (7% DV), **Total carb** 0g (0% DV), Fiber 0g (0% DV),
Sugars 0g, **Protein** 7g (14% DV), Vitamin A (6% DV), Vitamin C (0% DV),
Calcium (20% DV), Iron (0% DV). Percent Daily Values (DV) are based
on a 2,000 calorie diet.

Calories	Total fat	Cholest	Sodium	Protein
110	10g	30mg	180mg	7g

Colby Jack Cheese

Nutrition Facts

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

Calories 110, Fat cal 80, **Total fat** 9g (14% DV), Sat fat 6g (32% DV), *Trans* fat
0g, Monounsaturat fat 0g, Polyunsaturat fat 3g, **Cholest** 25mg (9% DV), **Sodium**
180mg (7% DV), **Total carb** 0g (0% DV), Fiber 0g (0% DV), Sugars 0g,
Protein 6g (13% DV), Vitamin A (10% DV), Vitamin C (0% DV), Calcium
(20% DV), Iron (0% DV). Percent Daily Values (DV) are based on a
2,000 calorie diet.

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

Cream Havarti Cheese, Plain, with Dill or Jalapeño ♦

Nutrition Facts

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

Calories 110, Fat cal 90, **Total fat** 10g (16% DV), Sat fat 7g (34% DV),
Trans fat 0g, Monounsaturat fat 2g, Polyunsaturat fat 0g, **Cholest** 35mg (12%
DV), **Sodium** 210mg (9% DV), **Total carb** 0g (0% DV), Fiber 0g (0% DV),
Sugars 0g, **Protein** 6g (11% DV), Vitamin A (6% DV), Vitamin C (0% DV),
Calcium (20% DV), Iron (0% DV). Percent Daily Values (DV) are based
on a 2,000 calorie diet.

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

Monterey Jack Cheese, Plain or with Jalapeño

Nutrition Facts

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

Calories 100, Fat cal 80, **Total fat** 9g (14% DV), Sat fat 5g (27% DV),
Trans fat 0g, Monounsaturat fat 2g, Polyunsaturat fat 0g, **Cholest** 25mg (8%
DV), **Sodium** 180mg (8% DV), **Total carb** 0g (0% DV), Fiber 0g (0% DV),
Sugars 0g, **Protein** 6g (12% DV), Vitamin A (6% DV), Vitamin C (0% DV),
Calcium (20% DV), Iron (0% DV). Percent Daily Values (DV) are based
on a 2,000 calorie diet.

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

Cheese

Nutrition Facts

Whole Milk Low Moisture Mozzarella Cheese

Nutrition Facts

Serv size: 1 oz (28g), Servings:

Varied, Amount Per Serving: **Calo-**

ries 90, Fat cal 60, **Total fat** 7g (11% DV), Sat fat 4.5g (22% DV), *Trans* fat 0g, Monounsaturated fat 2.5g, Polyunsaturated fat 0g, **Cholest** 20mg (7% DV), **Sodium** 150mg (6% DV), **Potassium** 20mg (1% DV), **Total carb** 1g (0% DV), Fiber 0g (0% DV), Sugars 0g, **Protein** 6g (13% DV), Vitamin A (4% DV), Vitamin C (0% DV), Calcium (15% DV), Iron (0% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

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

All Natural Muenster Cheese ♦

Nutrition Facts

Serv size: 1 oz (28g), Servings: Var-

ied, Amount Per Serving: **Calories**

100, Fat cal 80, **Total fat** 8g (13% DV), Sat fat 5g (26% DV), *Trans* fat 0g, Monounsaturated fat 2.5g, Polyunsaturated fat 0g, **Cholest** 25mg (9% DV), **Sodium** 190mg (8% DV), **Potassium** 30mg (1% DV), **Total carb** 0g (0% DV), Fiber 0g (0% DV), Sugars 0g, **Protein** 6g (13% DV), Vitamin A (6% DV), Vitamin C (0% DV), Calcium (20% DV), Iron (0% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

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

Low Sodium Muenster Cheese ♦

Nutrition Facts

Serv size: 1 oz (28g), Servings:

Varied, Amount Per Serving:

Calories 100, Fat cal 70, **Total fat** 8g (12% DV), Sat fat 5g (25% DV), *Trans* fat 0g, Monounsaturated fat 2.5g, Polyunsaturated fat 0.5g, **Cholest** 20mg (7% DV), **Sodium** 75mg (3% DV), **Total carb** 0g (0% DV), Fiber 0g (0% DV), Sugars 0g, **Protein** 6g (11% DV), Vitamin A (8% DV), Vitamin C (0% DV), Calcium (20% DV), Iron (0% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

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

42% Lower Sodium Provolone Cheese ♦

Nutrition Facts

Serv size: 1 oz (28g), Servings: Var-

ied, Amount Per Serving: **Calories**

100, Fat cal 60, **Total fat** 7g (11% DV), Sat fat 4.5g (23% DV), *Trans* fat 0g, Monounsaturated fat 2g, Polyunsaturated fat 0g, **Cholest** 20mg (7% DV), **Sodium** 140mg (6% DV), **Potassium** 35mg (1% DV), **Total carb** 1g (0% DV), Fiber 0g (0% DV), Sugars 0g, **Protein** 7g (14% DV), Vitamin A (4% DV), Vitamin C (0% DV), Calcium (20% DV), Iron (0% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

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

Picante / Sharp Provolone Cheese

Nutrition Facts

Serv size: 1 oz (28g), Servings:

Varied, Amount Per Serving:

Calories 100, Fat cal 70, **Total fat** 8g (12% DV), Sat fat 5g (26% DV), *Trans* fat 0g, Monounsaturated fat 2.5g, Polyunsaturated fat 0g, **Cholest** 25mg (8% DV), **Sodium** 250mg (10% DV), **Total carb** 1g (0% DV), Fiber 0g (0% DV), Sugars 0g, **Protein** 7g (13% DV), Vitamin A (4% DV), Vitamin C (0% DV), Calcium (20% DV), Iron (0% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

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

Cheese

Nutrition Facts

Baby Swiss Cheese ♦

Nutrition Facts

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

Calories 110, Fat cal 80, **Total fat** 9g (14% DV), Sat fat 6g (29% DV), *Trans* fat 0g, Monounsaturated fat 3g, Polyunsaturated fat 0g, **Cholest** 25mg (8% DV), **Sodium** 135mg (6% DV), **Total carb** <1g (0% DV), Fiber 0g (0% DV), Sugars 0g, **Protein** 7g (14% DV), Vitamin A (6% DV), Vitamin C (0% DV), Calcium (20% DV), Iron (0% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

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

Gold Label Premium Imported Swiss Cheese ♦

Nutrition Facts

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

Calories 110, Fat cal 70, **Total fat** 8g (13% DV), Sat fat 5g (26% DV), *Trans* fat 0g, Monounsaturated fat 2g, Polyunsaturated fat 0g, **Cholest** 20mg (7% DV), **Sodium** 70mg (3% DV), **Total carb** <1g (0% DV), Fiber 0g (0% DV), Sugars 0g, **Protein** 8g (16% DV), Vitamin A (6% DV), Vitamin C (0% DV), Calcium (30% DV), Iron (0% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

Calories	Total fat	Cholest	Sodium	Protein
110	8g	20mg	70mg	8g

Lacey Swiss Cheese ♦

Nutrition Facts

Serv size: 1 oz (28g), Servings:

Varied, Amount Per Serving: **Calories** 90, Fat cal 50, **Total fat** 6g (9% DV), Sat fat 4g (20% DV), *Trans* fat 0g, **Cholest** 15mg (6% DV), **Sodium** 35mg (1% DV), **Total carb** 0g (0% DV), Fiber 0g (0% DV), Sugars 0g, **Protein** 9g (18% DV), Vitamin A (6% DV), Vitamin C (0% DV), Calcium (25% DV), Iron (0% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

Calories	Total fat	Cholest	Sodium	Protein
90	6g	15mg	35mg	9g

Natural Swiss Cheese ♦

Nutrition Facts

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

Calories 110, Fat cal 80, **Total fat** 8g (13% DV), Sat fat 5g (27% DV), *Trans* fat 0g, **Cholest** 20mg (7% DV), **Sodium** 65mg (3% DV), **Total carb** 0g (0% DV), Fiber 0g (0% DV), Sugars 0g, **Protein** 8g (15% DV), Vitamin A (4% DV), Vitamin C (0% DV), Calcium (25% DV), Iron (0% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

Calories	Total fat	Cholest	Sodium	Protein
110	8g	20mg	65mg	8g

No Salt Added Natural Swiss Cheese ♦

Nutrition Facts

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

Calories 110, Fat cal 70, **Total fat** 8g (13% DV), Sat fat 5g (27% DV), *Trans* fat 0g, Monounsaturated fat 2.5g, Polyunsaturated fat 0g, **Cholest** 25mg (8% DV), **Sodium** 10mg (0% DV), **Total carb** 1g (0% DV), Fiber 0g (0% DV), Sugars 0g, **Protein** 8g (16% DV), Vitamin A (6% DV), Vitamin C (0% DV), Calcium (25% DV), Iron (0% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

Calories	Total fat	Cholest	Sodium	Protein
110	8g	25mg	10mg	8g

Chicken

Nutrition Facts

All American BBQ Seasoned Roasted 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** 13g (26% 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	1g	35mg	370mg	13g

Blazing Buffalo® Style 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** 13g (26% 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	1g	35mg	460mg	13g

Chipotle 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	1g	40mg	420mg	13g

EverRoast® Oven Roasted Chicken Breast ♦♥

Nutrition Facts

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

Calories 50, **Fat cal** 5, **Total fat** 0.5g (1% DV), **Sat fat** 0g (0% DV), **Trans fat** 0g, **Monounsaturat fat** 0g, **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** 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
50	0.5g	30mg	440mg	13g

Golden Classic® Oven Roasted Chicken Breast 42% 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** 35mg (12% DV), **Sodium** 350mg (15% DV), **Potassium** 170mg (5% 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	1g	35mg	350mg	13g

Chicken

Nutrition Facts

Hickory Smoked 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** 360mg (15% DV), **Potassium** 190mg (5% 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	35 mg	360 mg	13 g

Lemon Pepper[®] 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** 360mg (15% 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	1 g	35 mg	360 mg	13 g

Maple Glazed 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** 30mg (10% DV), **Sodium** 340mg (14% DV), **Potassium** 160mg (5% DV), **Total carb** 2g (1% DV), **Fiber** 0g (0% DV), **Sugars** 2g, **Protein** 12g (24% DV), **Vitamin A** (0% DV), **Vitamin C** (4% 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
60	1 g	30 mg	340 mg	12 g

Rotisserie Seasoned Roasted Chicken Breast ♦♦

Nutrition Facts

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

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** 35mg (11% DV), **Sodium** 400mg (17% DV), **Potassium** 180mg (5% 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	35 mg	400 mg	13 g



Ham

Nutrition Facts

Branded Deluxe Ham ♦

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** 25mg (9% DV), **Sodium** 590mg (25% DV), **Total carb** 2g (1% DV), Fiber 0g (0% DV), Sugars 2g, **Protein** 9g (19% 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	1g	25mg	590mg	9g

Branded Deluxe Ham-42% 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** 460mg (19% 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.

Calories	Total fat	Cholest	Sodium	Protein
60	1g	25mg	460mg	10g

Black Forest Brand Boneless Smoked Ham ♦ 25% Lower Sodium

Nutrition Facts

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

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** 440mg (18% 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.

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

Cappy Brand Ham ♦

Nutrition Facts

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

Calories 60, Fat cal 15, **Total fat** 1.5g (3% DV), Sat fat 0.5g (3% DV), *Trans* fat 0g, Monounsaturat fat 1g, Polyunsaturat fat 0g, **Cholest** 15mg (5% DV), **Sodium** 590mg (25% DV), **Total carb** 3g (1% DV), Fiber 0g (0% DV), Sugars 2g, **Protein** 10g (19% 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
60	1.5g	15mg	590mg	10g

Gourmet Pepper Brand Ham ♦

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** 20mg (7% DV), **Sodium** 500mg (21% DV), **Potassium** 180mg (5% DV), **Total carb** 2g (1% DV), Fiber 0g (0% DV), Sugars 1g, **Protein** 10g (21% 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	1g	20mg	500mg	10g

Ham

Nutrition Facts

Maple Glazed Honey Coat™ Ham ♦

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** 20mg (7% DV), **Sodium** 570mg (24% DV), **Total carb** 3g (1% DV), **Fiber** 0g (0% DV), **Sugars** 3g, **Protein** 10g (21% 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	1g	20mg	570mg	10g

Pesto Parmesan Oven Roasted Ham ♦

Nutrition Facts

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

Calories 70, **Fat cal** 20, **Total fat** 2.5g (3% DV), **Sat fat** 1g (4% DV), **Trans fat** 0g, **Monounsaturat fat** 1g, **Polyunsaturat fat** 0g, **Cholest** 30mg (10% DV), **Sodium** 550mg (23% DV), **Potassium** 170mg (5% DV), **Total carb** 1g (0% DV), **Fiber** 0g (0% DV), **Sugars** 0g, **Protein** 12g (23% DV), **Vitamin A** (8% 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	2.5g	30mg	550mg	12g

Rosemary & Sundried Tomato 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** 1g (4% DV), **Trans fat** 0g, **Monounsaturat fat** 1.5g, **Polyunsaturat 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	2.5g	10mg	500mg	10g

Smoked Virginia Ham

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** 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	1g	25mg	590mg	9g

Sweet Slice® Boneless Smoked Ham ♦

Nutrition Facts

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

Calories 60, **Fat cal** 20, **Total fat** 2.5g (4% DV), **Sat fat** 1g (5% DV), **Trans fat** 0g, **Monounsaturat fat** 1.5g, **Polyunsaturat 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.

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

Ham

Nutrition Facts

Tavern Ham ♦

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 0.5g (3% DV),
Trans fat 0g, Monounsaturat fat 0.5g, Polyunsaturat 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.

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

Virginia Brand Ham ♦

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** 25mg (8% DV),
Sodium 590mg (25% 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.

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



Italian & Other Delicacies

Nutrition Facts

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

Capocollo (Hot & Sweet)

Nutrition Facts

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

Calories 80, Fat cal 60, **Total fat** 7g (11% DV), Sat fat 2.5g (14% DV),
Trans fat 0g, Monounsaturated fat 3g, Polyunsaturated fat 1g, **Cholest** 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
80	7 g	25 mg	590 mg	7 g

Chorizo Español

Nutrition Facts

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

Calories 80, Fat cal 60, **Total fat** 6g (9% DV), Sat fat 2g (9% DV), *Trans*
fat 0g, **Cholest** 15mg (4% DV), **Sodium** 430mg (18% DV), **Total carb**
1g (0% DV), Fiber 0g (0% DV), Sugars 1g, **Protein** 6g, Vitamin A (0%
DV), Vitamin C (0% DV), Calcium (1% DV), Iron (2% DV). Percent Daily
Values (DV) are based on a 2,000 calorie diet.

Calories	Total fat	Cholest	Sodium	Protein
80	6 g	15 mg	430 mg	6 g

Genoa Salami

Nutrition Facts

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

Calories 190, Fat cal 130, **Total fat** 15g (23% DV), Sat fat 5g (24% DV),
Trans fat 0g, Monounsaturated fat 6g, Polyunsaturated fat 2g, **Cholest** 50mg (17%
DV), **Sodium** 920mg (39% DV), **Potassium** 220mg (6% 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.

Calories	Total fat	Cholest	Sodium	Protein
190	15 g	50 mg	920 mg	12 g

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, **Cholest** 30mg (10%
DV), **Sodium** 490mg (21% 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	490 mg	6 g

Italian & Other Delicacies

Nutrition Facts

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, Monounsaturated fat 3g, Polyunsaturated 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, Monounsaturated fat 3g, Polyunsaturated 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

Pancetta

Nutrition Facts

Serv size: .5 oz (14g), Servings:
Varied, Amount Per Serving:

Calories 50, Fat cal 40, **Total fat** 4.5g (7% DV), Sat fat 2g (11% DV),
Trans fat 0g, Monounsaturated fat 2g, Polyunsaturated 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.

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

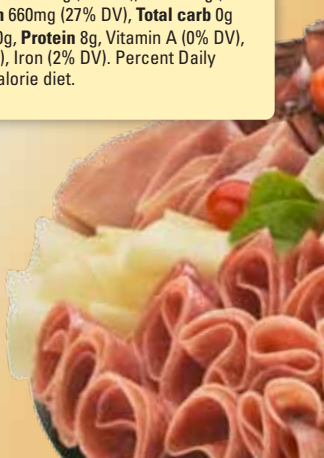
Prosciutto di Parma®

Nutrition Facts

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

Serving: **Calories** 60, Fat cal 30, **Total fat** 3.5g (5% DV), Sat fat 1g (5%
DV), **Cholest** 25mg (8% DV), **Sodium** 660mg (27% DV), **Total carb** 0g
(0% DV), Fiber 0g (0% DV), Sugars 0g, **Protein** 8g, 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	3.5 g	25 mg	660 mg	8 g



Italian & Other Delicacies

Nutrition Facts

Sandwich Style Pepperoni

Nutrition Facts

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

Calories 130, Fat cal 100, **Total fat** 11g (17% DV), Sat fat 4.5g (22% DV), **Trans** fat 0g, Monounsaturat fat 5g, Polyunsaturat fat 1.5g, **Cholest** 25mg (9% DV), **Sodium** 480mg (20% 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.

Calories	Total fat	Cholest	Sodium	Protein
130	11 g	25 mg	480 mg	6 g

Serrano Ham

Nutrition Facts

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

Calories 60, Fat cal 25, **Total fat** 3g (4% DV), Sat fat 0.5g (3% DV), **Cholest** 15mg (5% DV), **Sodium** 550mg (23% DV), **Total carb** 0g (0% DV), Fiber 0g (0% DV), Sugars 0g, **Protein** 9g (17% 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	3 g	15 mg	550 mg	9 g

Sopressata Grande (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 3g (15% DV), **Trans** fat 0g, Monounsaturat fat 3.5g, Polyunsaturat fat 0g, **Cholest** 20mg (7% DV), **Sodium** 510mg (21% 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 (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	20 mg	510 mg	7 g



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, **Monounsaturated fat** 0g, **Polyunsaturated fat** 0g, **Cholesterol** 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	0.5g	25mg	650mg	13g

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, **Monounsaturated fat** 0g, **Polyunsaturated fat** 0g, **Cholesterol** 30mg (9% DV), **Sodium** 460mg (19% DV), **Potassium** 170mg (5% DV), **Total carb** 0g (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.

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

Golden Catering Style Oven Roasted Turkey Breast 47% Lower Sodium ♦♥

Nutrition Facts

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

Calories 60, **Fat cal** 10, **Total fat** 1g (1% DV), **Sat fat** 0g (0% DV), **Trans fat** 0g, **Monounsaturated fat** 0g, **Polyunsaturated fat** 0g, **Cholesterol** 25mg (9% DV), **Sodium** 340mg (14% DV), **Potassium** 170mg (5% 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	1g	25mg	340mg	13g

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, **Monounsaturated fat** 0g, **Polyunsaturated fat** 0g, **Cholesterol** 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	1g	25mg	390mg	13g

Honey Smoked Turkey Breast - Skinless ♦

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, **Monounsaturated fat** 0g, **Polyunsaturated fat** 0g, **Cholesterol** 25mg (8% DV), **Sodium** 480mg (20% DV), **Potassium** 190mg (5% DV), **Total carb** 2g (1% DV), **Fiber** 0g (0% DV), **Sugars** 2g, **Protein** 13g (25% 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	1g	25mg	480mg	13g

Turkey Nutrition Facts

Jerk 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** 370mg (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.

Calories	Total fat	Cholest	Sodium	Protein
60	1g	25mg	370mg	12g

Maple Glazed Honey Coat™ Cured 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, **Monounsaturat fat** 0g, **Polyunsaturat fat** 0g, **Cholest** 30mg (10% DV), **Sodium** 440mg (18% DV), **Potassium** 180mg (5% DV), **Total carb** 2g (1% DV), **Fiber** 0g (0% DV), **Sugars** 2g, **Protein** 14g (28% 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	0.5g	30mg	440mg	14g

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, **Monounsaturat fat** 0g, **Polyunsaturat 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 (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	1g	25mg	440mg	12g

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, **Monounsaturat fat** 0g, **Polyunsaturat 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** 15g (30% 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	1g	40mg	55mg	15g

Our Premium 47% Lower Sodium Oven Roasted Turkey Breast - Skinless ♦♥

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** 20mg (7% DV), **Sodium** 340mg (14% 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	0.5g	20mg	340mg	12g

Turkey

Nutrition Facts

Ovengold® Roasted Breast of Turkey Skinless ♦♥

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** 20mg (7% DV), **Sodium** 350mg (15% DV), **Potassium** 140mg (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	1g	20mg	350mg	13g

Pastrami Seasoned 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** 440mg (18% DV), **Potassium** 190mg (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	0.5g	25mg	440mg	13g

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	0.5g	25mg	480mg	13g



All Natural*

Nutrition Facts

All Natural* Roasted Turkey Breast ♦♥

Nutrition Facts

Serv size: 2 oz (56g), Servings:

Varied, Amount Per Serving:

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** 330mg (14% DV), **Potassium** 150mg (4% 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	1g	30mg	330mg	13g

All Natural* Smoked Turkey Breast ♦♥

Nutrition Facts

Serv size: 2 oz (56g), Servings:

Varied, Amount Per Serving:

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** 390mg (16% DV), **Potassium** 170mg (5% 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** (4% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

Calories	Total fat	Cholest	Sodium	Protein
60	1g	30mg	390mg	14g

All Natural* Tuscan Brand 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, **Monounsaturat fat** 0g, **Polyunsaturat fat** 0g, **Cholest** 30mg (10% DV), **Sodium** 380mg (16% DV), **Potassium** 160mg (4% DV), **Total carb** 0g (0% DV), **Fiber** 0g (0% DV), **Sugars** 0g, **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.

Calories	Total fat	Cholest	Sodium	Protein
60	1g	30mg	380mg	15g

For All Natural* Products:

*No artificial ingredients, minimally processed
Raised without the use of antibiotics or hormones¹

No nitrate or nitrite added²

Gluten free

No MSG

No preservatives

Vegetarian grain fed

Humanely raised³

No fillers

Low fat

Milk free

Rich in protein

¹ Raised without the use of antibiotics, hormones, growth promotants, animal by-products.
Federal Regulations prohibit the use of hormones in poultry.

² Turkey breast contains naturally occurring nitrates in sea salt.

³ Animals humanely raised with shelter, resting areas, sufficient space and the ability to engage in natural behaviors.

All Natural*

Nutrition Facts

All Natural* Roasted Turkey Breast with Lemon & Herb ♦♥

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** 400mg (17% DV), **Potassium** 135mg (4% DV), **Total carb** 0g (0% DV), Fiber 0g (0% DV), Sugars 1g, **Protein** 12g (25% 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	400 mg	12 g

All Natural* Cap-Off Top Round Oven Roasted Beef ♦

Nutrition Facts

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

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.

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

***No artificial ingredients, minimally processed**





Boar's Head

Recipes





EverRoast® Chicken Breast and Leek Pizza with Roasted Peppers

Ingredients

1½ cups	Boar's Head Feta Cheese, Crumbled
1 tsp	Olive Oil
1 tbsp	Butter, Unsalted
½ lb	EverRoast® Oven Roasted Chicken Breast, Julienned
1 large	Leek, Sliced
1	Pizza Crust, 12 inch
½ cup	Roasted Red Peppers, Chopped
	Basil, fresh Sprig
	Freshly Ground Pepper, To Taste
	Salt, To Taste

Directions

Preheat the oven to 500°F. Melt the butter in a large skillet over medium heat. Add the leek and cook just until softened or light green, about 5 minutes. Transfer to a medium-sized bowl.

Place the pizza crust onto a non-stick baking sheet. Layer the chicken, peppers, and leeks alternately with 1 cup of the Feta, leaving a 1-inch border around the crust. Sprinkle ½ cup remaining Feta on top. Bake for 15 minutes in the oven or until the crust is golden and the cheese bubbly. Transfer pizza to a rack to let settle for a few minutes; garnish with basil, slice and serve.

Servings: 8



Boar's Head

Ham and Asparagus Melt with Fresh Pineapple

Ingredients

1	lb	Boar's Head Lower Sodium Branded Deluxe Ham, Sliced Thinly
12		Asparagus Spears
1	tbsp	Olive Oil
4		Crusty Hoagie Rolls, Toasted
1/4	lb	25% Lower Sodium, 25% Lower Fat American Cheese, Sliced
8		Lettuce Leaves, Cleaned and Stemmed
4		Pineapple Rings, Halved
1	tbsp	Sesame Seeds

Directions

Preheat oven to 400°F. Snap the woody ends off the asparagus, leaving about 4 to 5 inches in length for each asparagus. Brush with oil and place on a baking sheet, single file. Bake 10 minutes until crisp-tender, barely browned. Remove from oven; sprinkle sesame seeds over asparagus; turn off oven, but leave the door closed.

Place the pineapple pieces on the bottom of the lightly toasted rolls. Add 3 to 4 slices of the ham on top of the pineapple, followed by 2 pieces of cheese and the asparagus. Place in the warm oven on a baking sheet a few minutes to melt the cheese and warm the sandwich.

Remove from oven, add the lettuce and serve immediately.

Servings: 4





Open Face Turkey with Gravy and Mashed Potatoes

Ingredients

1½	lbs	Boar's Head Ovengold® Roasted Breast of Turkey, Sliced
4	tbsp	Butter, Melted
4	slices	White Bread

Directions

Brush bread with butter, then toast under broiler.

Layer turkey on toasted bread.

Serve with gravy, simple mashed potatoes, steamed vegetables, and cranberry relish.

Servings: 4



Boar's Head

BBQ BLT Chicken Salad

Ingredients

4	slices	Boar's Head Bacon, Crumbled
$\frac{1}{8}$	cup	Boar's Head Yellow Vermont Cheddar Cheese, Shredded
$\frac{1}{4}$	cup	Celery, Chopped
4	cups	Romaine Lettuce, Chopped
2	large	Tomatoes, Chopped
1	cup	Mayonnaise
2		Scallions, Chopped Finely
1	tsp	Black Pepper
$2\frac{1}{2}$	cups	Boar's Head All American BBQ Chicken, Julienned
1	cup	Boar's Head Sweet & Mild Gourmet BBQ Sauce
1	tbsp	Lemon Juice

Directions

Combine BBQ sauce, mayonnaise, lemon juice, and pepper in a small bowl.

Cover and refrigerate for one hour.

Combine chicken, tomatoes, scallions, and celery; stir in the dressing.

Serve over salad greens with crumbled bacon and shredded cheddar cheese, or on a soft kaiser roll as a twist on everyday chicken salad sandwich.

Servings: 4-6





Hot Italian

Ingredients

2	oz	Boar's Head Genoa Salami, Sliced Thinly
2	oz	Boar's Head Hot Cooked Capocollo, Sliced Thinly
2	oz	Boar's Head Mortadella, Sliced Thinly
1	oz	Boar's Head Provolone Cheese, Sliced
1	oz	Red Onion, Sliced
3	slices	Tomato
1	oz	Butter, Melted
2	oz	Pesto Mayonnaise
2	slices	Multi-Grain Bread

Directions

Butter one side of each piece of bread and grill until golden brown. Add ingredients in the following order: Mayonnaise, Tomato, Mortadella, Salami, Capocollo, Provolone, Onion.

Crown with second slice of bread.

Servings: 1



Boar's Head

Mini Ovengold® Turkey and Pepperhouse Gourmaise® Sauce Wraps

Ingredients

- | | | |
|---|--------|---|
| 3 | slices | Boar's Head Ovengold®
Roasted Breast of Turkey,
Sliced Thinly |
| ½ | cup | Romaine Lettuce, Shredded |
| 2 | tbsp | Boar's Head Pepperhouse
Gourmaise® |
| 1 | | Wrap, Whole Wheat (8-10 inch) |

Directions

Place the tortilla onto a work surface. Spread the sauce over the top, inching it close to the outer edges. Sprinkle the lettuce evenly over the top, followed by the turkey, overlapping the cold cuts if necessary to fit it all. Fold up 1 edge of the tortilla about 1/3 of the way onto itself. Fold the tortilla up jellyroll style, from one open edge to the other.

Slice the tortilla evenly into 8 pieces and serve with additional Pepperhouse Gourmaise® on the side.

Servings: 8





Spicy Potato Skins

Ingredients

8	slices	Boar's Head Bacon
8	oz	Boar's Head Monterey Jack Cheese with Jalapeño, Shredded
1/2	cup	Green Onion, Sliced
1/2	cup	Sour Cream
1/2	tsp	Black Pepper
1/2	tsp	Kosher Salt
3	medium	Potatoes, Baking

Directions

Cook bacon until crispy. Scrub potatoes thoroughly, and bake at 400°F oven for 1 hour or until done.

Allow potatoes to cool to the touch. Cut in half length-wise. Carefully scoop the pulp leaving 1/4 inch shell (reserve the pulp for another recipe or discard). Sprinkle the potato with salt and pepper. Add crumbled bacon and green onions, and top off with cheese. Place potato skins on a baking sheet and place under broiler until cheese melts. Potato skins may be served with sour cream, if desired.

Yields: 6 halves.



Boar's Head

Italian Roast Beef Flat Bread

Ingredients

1	oz	Boar's Head Bacon, Crumbled
4	oz	Boar's Head Italian Style Seasoned Beef with Braciolo Seasoning, Sliced Thinly
1	oz	Boar's Head Gorgonzola, Crumbled
3	oz	Arugula, Chopped Coarsely
1	oz	Tomato, Sliced in Wedges
1	oz	Italian Dressing
1		Flatbread

Directions

Evenly spread the ingredients over the flatbread in the following order:

Arugula, Tomato, Roast Beef, Bacon, Gorgonzola, Italian Dressing.

Servings: 1-2



Ovengold Turkey with Blue Cheese Salad

Ingredients

2½ oz	Boar's Head Ovengold® Turkey Breast, Sliced ½-inch Thick
¾ oz	Boar's Head 28% Lower Sodium Blue Cheese
3 oz	Romaine Lettuce, Torn
1 oz	Avocado, Sliced
3	Cherry Tomatoes, Halved
1 oz	Carrots, Julienne
1 oz	Red Peppers, Julienne
1 oz	Celery, Julienne
	Fat-free dressing of choice

Directions

Cut turkey into bite-sized pieces or cubes. In a large bowl, add lettuce; then top with turkey, avocado, tomatoes, carrots, peppers, and celery. Sprinkle crumbled blue cheese on top and drizzle with dressing of choice. Toss and serve. Servings: 1



Worried About Salt?

Boar's Head has the answer! Enjoy these great tasting Boar's Head meats and cheeses that your family has grown to love, with the quality and nutrition you can trust.

Premium Delicatessen Meats 2 oz (56g) Serving Unless Noted		
	Sodium	% DV
42% Lower Sodium Branded Deluxe Ham	460mg ¹	19%
Black Forest Brand 25% Lower Sodium Ham	440mg ¹	18%
28% Lower Sodium Bologna	410mg ¹	17%
Our Premium Lower Sodium Turkey Breast		
47% Lower Sodium - Skinless	340mg ¹	14%
50% Lower Sodium - Skin-On	320mg ¹	14%
Ovengold [®] Roasted Breast of Turkey		
46% Lower Sodium - Skinless	350mg ¹	15%
Hickory Smoked Black Forest Turkey Breast		
40% Lower Sodium	390mg ¹	16%
Deluxe Low Sodium Oven Roasted Beef ⁴		
Cap Off Top Round	80mg ²	3%
No Salt Added Oven Roasted Beef ⁴	40mg ³	2%
No Salt Added Oven Roasted Turkey Breast	55mg ³	2%
Lite Braunschweiger Liverwurst		
29% Lower Sodium	450mg ¹	19%
Lite Beef Frankfurters		
40% Lower Sodium (per 45g Frank)	270mg ¹	11%
Mesquite Wood Smoked [®] Roasted Turkey Breast		
30% Lower Sodium - Skinless	440mg ¹	18%
Golden Catering Style Oven Roasted Turkey Breast		
47% Lower Sodium	340mg ¹	14%
Golden Classic [®] Oven Roasted Chicken Breast		
42% Lower Sodium	350mg ¹	15%
Premium Delicatessen Cheeses 1 oz (28g) Serving		
	Sodium	% DV
42% Lower Sodium Provolone	140mg ⁵	6%
Lacey Swiss Cheese - Low Sodium	35mg ²	1%
Low Sodium Muenster	75mg ²	3%
Low Sodium Gold Label Premium Imported Swiss	70mg ²	3%
No Salt Added Natural Swiss	10mg ³	0%
25% Lower Sodium - 25% Lower Fat American Cheese	300mg ⁶	12%
28% Lower Sodium Blue Cheese	280mg ⁷	12%

1. Compared to the USDA average for these products.

2. Naturally low in Sodium.

3. Not a Sodium-free food.

4. Nutrition for Top Round.

5. Compared to regular Provolone Cheese.

6. Compared to regular American Cheese.

7. Compared to regular Blue Cheese.

DV=Daily Value

For complete nutritional information call 1-800-352-6277



Boar's Head

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, standards mostly abandoned in a mass-produced world. Meats and cheeses that contain no fillers, by-products, artificial colors or flavors, trans fat, or gluten. We wouldn't put anything in our products that you wouldn't put on your own table.

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 is oven roasted, just the way you roast yours.

Boar's Head is proud and honored to be the name you can trust for the nutrition of your family.

For additional nutritional information please call
Boar's Head Provisions Co., Inc.
1-800-352-6277

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04/2012