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.
02 CERTIFICATIONS & PARTNERSHIPS

03 WORRIED ABOUT SALT?
Lower Sodium Products

04 BEEF
(0-2g carbs)

06 BOLOGNA, WURST & LOAVES
(0-2g carbs)

08 CHEESE
(0-2g carbs)

15 CHICKEN
(0-2g carbs)

18 HAM
(1-3g carbs)

21 CHARCUTERIE
(0-2g carbs)

23 TURKEY
(0-2g carbs)

26 SIMPLICITY® ALL NATURAL*
(0-1g carbs)

32 QUALITY RECIPES

*No artificial ingredients, minimally processed.
Information in this brochure is subject to change without notice.
CERTIFICATIONS

American Heart Association® Heart-Check Food Certification

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

CERTIFICATIONS

American Heart Association® Heart-Check Food Certification

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

TURKEY

Cracked Pepper Mill - Smoked Turkey Breast
Golden Catering Style Turkey Breast
- 43% Lower Sodium
Honey Smoked Turkey Breast - Pre-sliced
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
- 46% Lower Sodium - Skin-On
Ovengold® Turkey Breast
Oven Roasted Turkey Breast Pre-sliced
Pastrami Seasoned Turkey Breast

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

BEEF

Londonport®, Top Round Roast Beef

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.
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

| Product                                             | Sodium (mg) | % DV  
|-----------------------------------------------------|-------------|------
| Branded Deluxe Ham - 42% Lower Sodium               | 480         | 20   
| SmokeMaster Beechwood Smoked® Black Forest Ham - With Natural Juices - 31% Lower Sodium | 460         | 19   
| 33% Lower Sodium Bologna                             | 360         | 15   
| Our Premium Lower Sodium Turkey Breast - 46% Lower Sodium - Skinless | 360         | 15   
| - 46% Lower Sodium - Skin-On                         | 360         | 15   
| Ovengold®, Roasted Turkey Breast - 46% Lower Sodium  | 360         | 15   
| Hickory Smoked Black Forest Turkey Breast - 40% Lower Sodium | 390         | 16   
| Deluxe Low Sodium Roast Beef - Cap Off Top Round     | 80          | 3    
| No Salt Added Turkey Breast                          | 55          | 2    
| No Salt Added Roast Beef                             | 40          | 2    
| Mesquite Wood Smoked. Roasted Turkey Breast - 32% Lower Sodium | 440         | 18   
| Golden Catering Style Turkey Breast - 43% Lower Sodium | 380         | 16   
| Golden Classic®, Chicken Breast - 42% Lower Sodium   | 350         | 15   

### Premium Delicatessen Cheeses • 1 oz (28g) Serving

| Product                                             | Sodium (mg) | % DV  
|-----------------------------------------------------|-------------|------
| 44% Lower Sodium Provolone Cheese                   | 140         | 6    
| Lacey Swiss Cheese                                  | 35          | 1    
| Low Sodium Muenster Cheese                          | 75          | 3    
| Imported Switzerland Swiss®, Cheese                 | 60          | 2    
| 33% Lower Fat - 36% Lower Sodium American Cheese - Reduced Fat Pasteurized Process American Cheese | 300         | 12   

---

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.
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. 44% 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
**Nutrition Facts**

**Deluxe Low Sodium Roast Beef - Cap-Off Top Round**

- Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:
- Calories: 80, Total fat: 3g (5% DV), Cholest: 35mg (11% DV), Sodium: 410mg (5% DV), Total carb: 0g (0% DV), 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.

**Italian Style Roast Beef**

- Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:
- Calories: 80, Total fat: 3g (4% DV), Cholest: 35mg (12% DV), Sodium: 370mg (15% DV), Total carb: 0g (0% DV), 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.

**Seasoned Filet of Roast Beef - Cap-Off Top Round**

- Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:
- Calories: 90, Total fat: 3g (5% DV), Cholest: 40mg (13% DV), Sodium: 230mg (10% DV), Total carb: 0g (0% DV), 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**

- Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:
- Calories: 80, Total fat: 2.5g (4% DV), Cholest: 30mg (10% DV), Sodium: 490mg (20% DV), Total carb: 0g (0% DV), 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 oz (56g), Servings: Varied, Amount Per Serving:
  - Calories 80, Fat cal 4g (6% DV), Sat fat 1.5g (7% DV), Trans fat 0g, Monounsat fat 2g, Polyunsat fat 0g, Cholest 30mg (11% DV), Sodium 540mg (22% DV), Potassium 135mg (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 (8% 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 80, Fat cal 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.

**FIRST CUT PASTRAMI BRISKET**

**Nutrition Facts**
- Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:
  - Calories 90, Fat cal 3.5g (5% DV), Sat fat 1.5g (7% DV), Trans fat 0g, Monounsat fat 2g, Polyunsat fat 0g, Cholest 35mg (11% DV), Sodium 670mg (28% DV), Total carb 2g (1% 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.

**NO SALT ADDED ROAST BEEF**

**Nutrition Facts**
- Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:
  - Calories 90, Fat cal 3.5g (5% DV), Sat fat 1.5g (7% DV), Trans fat 0g, Monounsat fat 2g, Polyunsat 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.

**LONDONPORT® TOP ROUND ROAST BEEF**

**Nutrition Facts**
- Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:
  - Calories 80, Fat cal 2.5g (4% DV), Sat fat 1g (5% DV), Trans fat 0g, Monounsat fat 1g, Polyunsat 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 12g (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.
**BEEF | NUTRITION FACTS**

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

**Nutrition Facts**

<table>
<thead>
<tr>
<th>Calories</th>
<th>Total fat</th>
<th>Cholest</th>
<th>Sodium</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>70</td>
<td>3 g</td>
<td>25 mg</td>
<td>310 mg</td>
<td>12 g</td>
</tr>
</tbody>
</table>

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, Monounsat fat 1.5g, Polyunsat 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.

**33% LOWER SODIUM BOLOGNA**

**Nutrition Facts**

<table>
<thead>
<tr>
<th>Calories</th>
<th>Total fat</th>
<th>Cholest</th>
<th>Sodium</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>150</td>
<td>13 g</td>
<td>30 mg</td>
<td>360 mg</td>
<td>8 g</td>
</tr>
</tbody>
</table>

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

- **Calories**: 150, Fat cal 110, **Total fat** 13g (20% DV), Sat fat 4.5g (23% DV), Trans fat 0g, Monounsat fat 6g, Polyunsat fat 1.5g, **Cholest** 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**

<table>
<thead>
<tr>
<th>Calories</th>
<th>Total fat</th>
<th>Cholest</th>
<th>Sodium</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>150</td>
<td>13 g</td>
<td>35 mg</td>
<td>520 mg</td>
<td>7 g</td>
</tr>
</tbody>
</table>

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), Monounsat fat 5g, Polyunsat fat 0g, **Cholest** 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**

<table>
<thead>
<tr>
<th>Calories</th>
<th>Total fat</th>
<th>Cholest</th>
<th>Sodium</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>150</td>
<td>13 g</td>
<td>35 mg</td>
<td>530 mg</td>
<td>7 g</td>
</tr>
</tbody>
</table>

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, Monounsat fat 6g, Polyunsat 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 (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**

<table>
<thead>
<tr>
<th>Calories</th>
<th>Total fat</th>
<th>Cholest</th>
<th>Sodium</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>150</td>
<td>13 g</td>
<td>35 mg</td>
<td>530 mg</td>
<td>7 g</td>
</tr>
</tbody>
</table>

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, Monounsat fat 6g, Polyunsat 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.
<table>
<thead>
<tr>
<th>Product</th>
<th>Nutrition Facts</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>BOLOGNA, WURSTS &amp; LOAVES</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Bologna, Würsts &amp; Loaves</strong></td>
<td><strong>Nutrition Facts</strong></td>
</tr>
<tr>
<td></td>
<td>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, Monounsat fat 7g, Polyunsat fat 1.5g, Cholest 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 (220% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (25% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.</td>
</tr>
<tr>
<td><strong>STRASSBURGER BRAND LIVERWURST</strong></td>
<td><strong>Nutrition Facts</strong></td>
</tr>
<tr>
<td></td>
<td>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, Monounsat fat 2.5g, Polyunsat 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.</td>
</tr>
<tr>
<td><strong>BRAUNSCHWEIGER LIVERWURST - LITE</strong></td>
<td><strong>Nutrition Facts</strong></td>
</tr>
<tr>
<td></td>
<td>Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving: Calories 120, Fat cal 90, Total fat 10g (15% DV), Sat fat 3.5g (17% DV), Trans fat 0g, Monounsat fat 4.5g, Polyunsat fat 1g, Cholest 20mg (7% DV), Sodium 630mg (26% DV), Potassium 110mg (3% DV), Total carb &lt;1g (0% DV), Fiber 0g (0% DV), Sugars &lt;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.</td>
</tr>
<tr>
<td><strong>OLIVE TERRINE LOAF</strong></td>
<td><strong>Nutrition Facts</strong></td>
</tr>
<tr>
<td></td>
<td>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, Monounsat fat 2.5g, Polyunsat 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.</td>
</tr>
<tr>
<td><strong>PICKLE &amp; PEPPER TERRINE LOAF</strong></td>
<td><strong>Nutrition Facts</strong></td>
</tr>
<tr>
<td></td>
<td>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, Monounsat fat 4.5g, Polyunsat 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.</td>
</tr>
<tr>
<td><strong>BEEF SALAMI</strong></td>
<td><strong>Nutrition Facts</strong></td>
</tr>
<tr>
<td></td>
<td>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, Monounsat fat 4.5g, Polyunsat 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.</td>
</tr>
</tbody>
</table>
Nutrition Facts
Servings: Varied, Serv size: 1 oz (28g), Amount Per Serving:

Calories 100, Total fat 8g (10% DV), Sat fat 5g (26% DV), Trans fat 0g, Cholest 25mg (8% 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).
**Nutrition Facts**
Servings: Varied, **Serv size: 1 oz (28g)**, Amount Per Serving:

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Calories</th>
<th>Total fat</th>
<th>Cholest</th>
<th>Sodium</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Cheese</strong></td>
<td>90</td>
<td>6 g</td>
<td>25 mg</td>
<td>180 mg</td>
<td>7 g</td>
</tr>
<tr>
<td><strong>Calories</strong></td>
<td>90</td>
<td>6 g</td>
<td>25 mg</td>
<td>180 mg</td>
<td>7 g</td>
</tr>
<tr>
<td><strong>Total Fat</strong></td>
<td>6 g</td>
<td>25 mg</td>
<td>180 mg</td>
<td>7 g</td>
<td></td>
</tr>
<tr>
<td><strong>Sat Fat</strong></td>
<td>3.5 g</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Trans Fat</strong></td>
<td>0 g</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Cholest</strong></td>
<td>25 mg</td>
<td>180 mg</td>
<td>7 g</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Sodium</strong></td>
<td>180 mg</td>
<td>7 g</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Total Carb</strong></td>
<td>2 g</td>
<td>7 g</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Fiber</strong></td>
<td>0 g</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Total Sugars</strong></td>
<td>0 g</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Protein</strong></td>
<td>7 g</td>
<td>14% DV</td>
<td>14% DV</td>
<td>14% DV</td>
<td></td>
</tr>
<tr>
<td><strong>Vit D</strong></td>
<td>7 g</td>
<td>14% DV</td>
<td>14% DV</td>
<td>14% DV</td>
<td></td>
</tr>
<tr>
<td><strong>Calcium</strong></td>
<td>7 g</td>
<td>14% DV</td>
<td>14% DV</td>
<td>14% DV</td>
<td></td>
</tr>
<tr>
<td><strong>Iron</strong></td>
<td>7 g</td>
<td>14% DV</td>
<td>14% DV</td>
<td>14% DV</td>
<td></td>
</tr>
<tr>
<td><strong>Potas</strong></td>
<td>7 g</td>
<td>14% DV</td>
<td>14% DV</td>
<td>14% DV</td>
<td></td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Calories</th>
<th>Total fat</th>
<th>Cholest</th>
<th>Sodium</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Cheese</strong></td>
<td>110</td>
<td>10 g</td>
<td>30 mg</td>
<td>200 mg</td>
<td>7 g</td>
</tr>
<tr>
<td><strong>Calories</strong></td>
<td>110</td>
<td>10 g</td>
<td>30 mg</td>
<td>200 mg</td>
<td>7 g</td>
</tr>
<tr>
<td><strong>Total Fat</strong></td>
<td>10 g</td>
<td>30 mg</td>
<td>200 mg</td>
<td>7 g</td>
<td></td>
</tr>
<tr>
<td><strong>Sat Fat</strong></td>
<td>6 g</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Trans Fat</strong></td>
<td>0 g</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Cholest</strong></td>
<td>30 mg</td>
<td>200 mg</td>
<td>7 g</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Sodium</strong></td>
<td>200 mg</td>
<td>7 g</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Total Carb</strong></td>
<td>0 g</td>
<td>7 g</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Fiber</strong></td>
<td>0 g</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Total Sugars</strong></td>
<td>0 g</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Protein</strong></td>
<td>7 g</td>
<td>14% DV</td>
<td>14% DV</td>
<td>14% DV</td>
<td></td>
</tr>
<tr>
<td><strong>Vit D</strong></td>
<td>7 g</td>
<td>14% DV</td>
<td>14% DV</td>
<td>14% DV</td>
<td></td>
</tr>
<tr>
<td><strong>Calcium</strong></td>
<td>7 g</td>
<td>14% DV</td>
<td>14% DV</td>
<td>14% DV</td>
<td></td>
</tr>
<tr>
<td><strong>Iron</strong></td>
<td>7 g</td>
<td>14% DV</td>
<td>14% DV</td>
<td>14% DV</td>
<td></td>
</tr>
<tr>
<td><strong>Potas</strong></td>
<td>7 g</td>
<td>14% DV</td>
<td>14% DV</td>
<td>14% DV</td>
<td></td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Calories</th>
<th>Total fat</th>
<th>Cholest</th>
<th>Sodium</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Cheese</strong></td>
<td>110</td>
<td>9 g</td>
<td>25 mg</td>
<td>180 mg</td>
<td>6 g</td>
</tr>
<tr>
<td><strong>Calories</strong></td>
<td>110</td>
<td>9 g</td>
<td>25 mg</td>
<td>180 mg</td>
<td>6 g</td>
</tr>
<tr>
<td><strong>Total Fat</strong></td>
<td>9 g</td>
<td>25 mg</td>
<td>180 mg</td>
<td>6 g</td>
<td></td>
</tr>
<tr>
<td><strong>Sat Fat</strong></td>
<td>5 g</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Trans Fat</strong></td>
<td>0 g</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Cholest</strong></td>
<td>25 mg</td>
<td>180 mg</td>
<td>6 g</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Sodium</strong></td>
<td>180 mg</td>
<td>6 g</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Total Carb</strong></td>
<td>0 g</td>
<td>6 g</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Fiber</strong></td>
<td>0 g</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Total Sugars</strong></td>
<td>0 g</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Protein</strong></td>
<td>6 g</td>
<td>12% DV</td>
<td>12% DV</td>
<td>12% DV</td>
<td></td>
</tr>
<tr>
<td><strong>Vitamin D</strong></td>
<td>6 g</td>
<td>12% DV</td>
<td>12% DV</td>
<td>12% DV</td>
<td></td>
</tr>
<tr>
<td><strong>Calcium</strong></td>
<td>6 g</td>
<td>12% DV</td>
<td>12% DV</td>
<td>12% DV</td>
<td></td>
</tr>
<tr>
<td><strong>Iron</strong></td>
<td>6 g</td>
<td>12% DV</td>
<td>12% DV</td>
<td>12% DV</td>
<td></td>
</tr>
<tr>
<td><strong>Potas</strong></td>
<td>6 g</td>
<td>12% DV</td>
<td>12% DV</td>
<td>12% DV</td>
<td></td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Calories</th>
<th>Total fat</th>
<th>Cholest</th>
<th>Sodium</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Cheese</strong></td>
<td>100</td>
<td>9 g</td>
<td>20 mg</td>
<td>220 mg</td>
<td>6 g</td>
</tr>
<tr>
<td><strong>Calories</strong></td>
<td>100</td>
<td>9 g</td>
<td>20 mg</td>
<td>220 mg</td>
<td>6 g</td>
</tr>
<tr>
<td><strong>Total Fat</strong></td>
<td>9 g</td>
<td>20 mg</td>
<td>220 mg</td>
<td>6 g</td>
<td></td>
</tr>
<tr>
<td><strong>Sat Fat</strong></td>
<td>5 g</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Trans Fat</strong></td>
<td>0 g</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Cholest</strong></td>
<td>20 mg</td>
<td>220 mg</td>
<td>6 g</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Sodium</strong></td>
<td>220 mg</td>
<td>6 g</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Total Carb</strong></td>
<td>0 g</td>
<td>6 g</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Fiber</strong></td>
<td>0 g</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Total Sugars</strong></td>
<td>0 g</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Protein</strong></td>
<td>6 g</td>
<td>12% DV</td>
<td>12% DV</td>
<td>12% DV</td>
<td></td>
</tr>
<tr>
<td><strong>Vitamin D</strong></td>
<td>6 g</td>
<td>12% DV</td>
<td>12% DV</td>
<td>12% DV</td>
<td></td>
</tr>
<tr>
<td><strong>Calcium</strong></td>
<td>6 g</td>
<td>12% DV</td>
<td>12% DV</td>
<td>12% DV</td>
<td></td>
</tr>
<tr>
<td><strong>Iron</strong></td>
<td>6 g</td>
<td>12% DV</td>
<td>12% DV</td>
<td>12% DV</td>
<td></td>
</tr>
<tr>
<td><strong>Potas</strong></td>
<td>6 g</td>
<td>12% DV</td>
<td>12% DV</td>
<td>12% DV</td>
<td></td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Calories</th>
<th>Total fat</th>
<th>Cholest</th>
<th>Sodium</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Cheese</strong></td>
<td>90</td>
<td>7 g</td>
<td>15 mg</td>
<td>380 mg</td>
<td>6 g</td>
</tr>
<tr>
<td><strong>Calories</strong></td>
<td>90</td>
<td>7 g</td>
<td>15 mg</td>
<td>380 mg</td>
<td>6 g</td>
</tr>
<tr>
<td><strong>Total Fat</strong></td>
<td>7 g</td>
<td>15 mg</td>
<td>380 mg</td>
<td>6 g</td>
<td></td>
</tr>
<tr>
<td><strong>Sat Fat</strong></td>
<td>2.5 g</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Trans Fat</strong></td>
<td>0 g</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Cholest</strong></td>
<td>15 mg</td>
<td>380 mg</td>
<td>6 g</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Sodium</strong></td>
<td>380 mg</td>
<td>6 g</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Total Carb</strong></td>
<td>0 g</td>
<td>6 g</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Fiber</strong></td>
<td>0 g</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Total Sugars</strong></td>
<td>0 g</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Protein</strong></td>
<td>6 g</td>
<td>12% DV</td>
<td>12% DV</td>
<td>12% DV</td>
<td></td>
</tr>
<tr>
<td><strong>Vitamin D</strong></td>
<td>6 g</td>
<td>12% DV</td>
<td>12% DV</td>
<td>12% DV</td>
<td></td>
</tr>
<tr>
<td><strong>Calcium</strong></td>
<td>6 g</td>
<td>12% DV</td>
<td>12% DV</td>
<td>12% DV</td>
<td></td>
</tr>
<tr>
<td><strong>Iron</strong></td>
<td>6 g</td>
<td>12% DV</td>
<td>12% DV</td>
<td>12% DV</td>
<td></td>
</tr>
<tr>
<td><strong>Potas</strong></td>
<td>6 g</td>
<td>12% DV</td>
<td>12% DV</td>
<td>12% DV</td>
<td></td>
</tr>
</tbody>
</table>
### AMERICAN CHEESE (YELLOW & WHITE)

**Nutrition Facts**

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

<table>
<thead>
<tr>
<th>Calories</th>
<th>Total fat</th>
<th>Cholest</th>
<th>Sodium</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>110</td>
<td>9g</td>
<td>25mg</td>
<td>350mg</td>
<td>6g</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Calories</th>
<th>Total fat</th>
<th>Cholest</th>
<th>Sodium</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>90</td>
<td>6g</td>
<td>20mg</td>
<td>300mg</td>
<td>7g</td>
</tr>
</tbody>
</table>

- **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)**.

### HICKORY SMOKED GRUYERE CHEESE, PRODUCT OF GERMANY

**Nutrition Facts**

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

<table>
<thead>
<tr>
<th>Calories</th>
<th>Total fat</th>
<th>Cholest</th>
<th>Sodium</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>100</td>
<td>8g</td>
<td>20mg</td>
<td>360mg</td>
<td>6g</td>
</tr>
</tbody>
</table>

- **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:

<table>
<thead>
<tr>
<th>Calories</th>
<th>Total fat</th>
<th>Cholest</th>
<th>Sodium</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>110</td>
<td>10g</td>
<td>30mg</td>
<td>170mg</td>
<td>6g</td>
</tr>
</tbody>
</table>

- **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:

<table>
<thead>
<tr>
<th>Calories</th>
<th>Total fat</th>
<th>Cholest</th>
<th>Sodium</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>100</td>
<td>8g</td>
<td>20mg</td>
<td>75mg</td>
<td>6g</td>
</tr>
</tbody>
</table>

- **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)**.
CHEESE

44% LOWER SODIUM PROVOLONE CHEESE

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

BABY SWISS CHEESE

Nutrition Facts
Servings: Varied, Serv size: 1 oz (28g), Amount Per Serving:
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 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 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).
### Whole Milk Low Moisture Mozzarella Cheese

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

<table>
<thead>
<tr>
<th>Calories</th>
<th>Total fat</th>
<th>Cholest</th>
<th>Sodium</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>90</td>
<td>7g</td>
<td>20mg</td>
<td>150mg</td>
<td>6g</td>
</tr>
</tbody>
</table>

### Muenster Cheese

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

<table>
<thead>
<tr>
<th>Calories</th>
<th>Total fat</th>
<th>Cholest</th>
<th>Sodium</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>100</td>
<td>8g</td>
<td>25mg</td>
<td>190mg</td>
<td>6g</td>
</tr>
</tbody>
</table>

### Sharp Wisconsin Cheddar Cheese - White/Red Wax

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

<table>
<thead>
<tr>
<th>Calories</th>
<th>Total fat</th>
<th>Cholest</th>
<th>Sodium</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>110</td>
<td>9g</td>
<td>30mg</td>
<td>190mg</td>
<td>7g</td>
</tr>
</tbody>
</table>
### SHARP WISCONSIN CHEDDAR CHEESE - YELLOW/BLACK WAX

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

### GOUDA CHEESE, PRODUCT OF HOLLAND

**Nutrition Facts**
- **Servings:** Varied, **Serv size:** 1 oz (28g), **Amount Per Serving:**
- **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:** 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:** 90, **Total fat:** 6g (7% DV), **Sat fat:** 4g (20% DV), **Trans fat:** 0g, **Cholest:** 15mg (6% DV), **Sodium:** 35mg (2% 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).

### LACEY SWISS CHEESE

**Nutrition Facts**
- **Servings:** Varied, **Serv size:** 1 oz (28g), **Amount Per Serving:**
- **Calories:** 90, **Total fat:** 6g (7% DV), **Sat fat:** 4g (20% DV), **Trans fat:** 0g, **Cholest:** 15mg (6% DV), **Sodium:** 35mg (2% 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 110, Total fat 8g (11% 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), Total sugars 0g (Incl 0g added sugars, 0% DV), Protein 7g (15% DV), Vit D (0% DV), Calcium (20% DV), Iron (0% DV), Potas (0% DV).

Made with Mild Swiss Cheese. Standard serving is 1 oz. This sandwich contains 2 servings.
### ALL AMERICAN BBQ CHICKEN BREAST

#### Nutrition Facts
- **Serv size:** 2 oz (56g), **Servings:** Varied, **Amount Per Serving:**
  - **Calories:** 70, **Total fat:** 1g (2% DV), **Fat cal:** 10, **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:** (0% DV), **Calcium:** (0% DV), **Iron:** (4% DV).
- **Percent Daily Values (DV) are based on a 2,000 calorie diet.**

### BLAZING BUFFALO STYLE OVEN ROASTED CHICKEN BREAST

#### Nutrition Facts
- **Serv size:** 2 oz (56g), **Servings:** Varied, **Amount Per Serving:**
  - **Calories:** 60, **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:** 1g (0% DV), **Fiber:** 0g (0% DV), **Sugars:** 0g, **Protein:** 11g (20% 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.**

### CHIPOTLE OVEN ROASTED CHICKEN BREAST

#### Nutrition Facts
- **Serv size:** 2 oz (56g), **Servings:** Varied, **Amount Per Serving:**
  - **Calories:** 60, **Total fat:** 1.5g (2% DV), **Sat fat:** 0g (0% DV), **Trans fat:** 0g, **Monounsaturat fat:** 0g, **Polyunsaturat fat:** 0.5g, **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:** (0% DV), **Calcium:** (2% DV), **Iron:** (4% DV).
- **Percent Daily Values (DV) are based on a 2,000 calorie diet.**

### JERK OVEN ROASTED CHICKEN BREAST

#### Nutrition Facts
- **Serv size:** 2 oz (56g), **Servings:** Varied, **Amount Per Serving:**
  - **Calories:** 60, **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:** 460mg (15% 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.**

### EVERROAST OVEN ROASTED CHICKEN BREAST

#### Nutrition Facts
- **Serv size:** 2 oz (56g), **Servings:** Varied, **Amount Per Serving:**
  - **Calories:** 60, **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.**
CHICKEN NUTRITION FACTS

ICHIBAN TERIYAKI. STYLE OVEN ROASTED CHICKEN BREAST

Nutrition Facts
Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:
Calories 70, Total fat 1.5g (2% DV), Sat fat 0.5g (3% DV), Trans fat 0g, Monounsaturated fat 0g, Polyunsaturated fat 0g, Cholesterol 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 60, Total fat 1g (2% DV), Sat fat 0g (0% DV), Trans fat 0g, Monounsaturated fat 0g, Polyunsaturated fat 0g, Cholesterol 35mg (12% DV), Sodium 400mg (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 60, Total fat 1g (2% DV), Sat fat 0g (0% DV), Trans fat 0g, Monounsaturated fat 0g, Polyunsaturated fat 0g, Cholesterol 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 60, Total fat 1.5g (2% DV), Sat fat 0g (0% DV), Trans fat 0g, Monounsaturated fat 0.5g, Polyunsaturated fat 0g, Cholesterol 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 60, Total fat 1g (2% DV), Sat fat 0g (0% DV), Trans fat 0g, Monounsaturated fat 0g, Polyunsaturated fat 0g, Cholesterol 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.
Made with Ichiban Teriyaki Style Oven Roasted Chicken Breast
HAM | NUTRITION FACTS

GOURMET PEPPER BRAND HAM - WATER ADDED

Nutrition Facts
Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:
Calories 60, Fat cal 1g (2% DV), Sat fat 0g (0% DV), Trans fat 0g, Monounsaturated fat 0.5g, Polyunsaturated fat 0g, Cholesterol 20mg (7% DV), Sodium 500mg (21% DV), Potassium 180mg (5% DV), Total Carbohydrate 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.

MAPLE GLAZED HONEY COAT HAM - WATER ADDED

Nutrition Facts
Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:
Calories 60, Fat cal 1g (2% DV), Sat fat 0g (0% DV), Trans fat 0g, Monounsaturated fat 0.5g, Polyunsaturated fat 0g, Cholesterol 20mg (7% DV), Sodium 570mg (24% DV), Total Carbohydrate 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.

PESTO PARMESAN OVEN ROASTED THAM

Nutrition Facts
Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:
Calories 70, Fat cal 2.5g (3% DV), Sat fat 1g (4% DV), Trans fat 0g, Monounsaturated fat 1.5g, Polyunsaturated fat 0g, Cholesterol 30mg (10% DV), Sodium 550mg (23% DV), Potassium 170mg (5% DV), Total Carbohydrate 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.

ROSEMARY & SUNDRIED TOMATO HAM - WITH NATURAL JUICES

Nutrition Facts
Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:
Calories 70, Fat cal 2.5g (4% DV), Sat fat 1g (4% DV), Trans fat 0g, Monounsaturated fat 1.5g, Polyunsaturated fat 0g, Cholesterol 10mg (3% DV), Sodium 500mg (21% DV), Total Carbohydrate 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.

SMOKED VIRGINIA HAM - WATER ADDED

Nutrition Facts
Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:
Calories 60, Fat cal 1g (2% DV), Sat fat 0g (0% DV), Trans fat 0g, Monounsaturated fat 0.5g, Polyunsaturated fat 0g, Cholesterol 25mg (8% DV), Sodium 590mg (25% DV), Total Carbohydrate 9g (18% 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.
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 60, Fat cal 5, Total fat 1g (2% DV), Sat fat 0g (0% DV), Trans fat 0g, Monounsat fat 0g, Polyunsat fat 0g, Cholest 30mg (10% DV), Sodium 460mg (16% 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 70, Fat cal 20, Total fat 2g (3% DV), Sat fat 0.5g (3% DV), Trans fat 0g, Monounsat fat 0.5g, Polyunsat 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 (4% 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 60, Fat cal 10, Total fat 1g (2% DV), Sat fat 0g (0% DV), Trans fat 0g, Monounsat fat 0.5g, Polyunsat 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 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.

BRANDED DELUXE HAM - 42% LOWER SODIUM - 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, Monounsat fat 0.5g, Polyunsat fat 0g, Cholest 15mg (5% 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.

CAPPY BRAND HAM - WATER ADDED

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, Monounsat fat 1g, Polyunsat 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.
### SWEET SLICE, SMOKED UNCURED HAM - CONTAINS 7% SEASONING SOLUTION

**Nutrition Facts**

<table>
<thead>
<tr>
<th>Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:</th>
<th>Calories</th>
<th>Total fat</th>
<th>Cholest</th>
<th>Sodium</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories 60, Fat cal 20, Total fat 2.5g (4% DV), Sat fat 0g (5% DV), Trans fat 0g, Monounsat fat 1.5g, Polyunsat 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.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### TAVERN HAM - WITH NATURAL JUICES

**Nutrition Facts**

<table>
<thead>
<tr>
<th>Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:</th>
<th>Calories</th>
<th>Total fat</th>
<th>Cholest</th>
<th>Sodium</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories 60, Fat cal 10, Total fat 1.5g (2% DV), Sat fat 0g (0% DV), Trans fat 0g, Monounsat fat 0.5g, Polyunsat 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.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### VIRGINIA HAM - WATER ADDED

**Nutrition Facts**

<table>
<thead>
<tr>
<th>Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:</th>
<th>Calories</th>
<th>Total fat</th>
<th>Cholest</th>
<th>Sodium</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories 60, Fat cal 10, Total fat 1g (2% DV), Sat fat 0g (0% DV), Trans fat 0g, Monounsat fat 0.5g, Polyunsat 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.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### BOURBONRIDGE, SMOKED UNCURED HAM

**Nutrition Facts**

<table>
<thead>
<tr>
<th>Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:</th>
<th>Calories</th>
<th>Total fat</th>
<th>Cholest</th>
<th>Sodium</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories 70, Fat cal 20, Total fat 2.5g (4% DV), Sat fat 0g (4% DV), Trans fat 0g, Monounsat fat 1g, Polyunsat fat 0.5g, Cholest 30mg (11% DV), Sodium 400mg (17% DV), Potassium 180mg (5% DV), Total carb 2g (1% DV), Fiber &lt;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.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### CANADIAN STYLE UNCURED BACON

**Nutrition Facts**

<table>
<thead>
<tr>
<th>Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:</th>
<th>Calories</th>
<th>Total fat</th>
<th>Cholest</th>
<th>Sodium</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>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.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
## Nutrition Facts

**Uncured Bianco d’Oro, Italian Dry Salame**

<table>
<thead>
<tr>
<th>Calories</th>
<th>Total fat</th>
<th>Cholest</th>
<th>Sodium</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>110</td>
<td>8</td>
<td>25</td>
<td>470</td>
<td>7</td>
</tr>
</tbody>
</table>

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

- **Calories:** 110
- **Fat cal:** 80 (13% DV)
- **Total fat:** 8g (16% DV)
- **Trans fat:** 0g
- **Cholest:** 25mg (9% DV)
- **Sodium:** 470mg (19% DV)
- **Total carb:** 1g (0% DV)
- **Fiber:** 0g (0% DV)
- **Sugar:** 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.

---

**Mortadella**

<table>
<thead>
<tr>
<th>Calories</th>
<th>Total fat</th>
<th>Cholest</th>
<th>Sodium</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>160</td>
<td>14</td>
<td>30</td>
<td>560</td>
<td>9</td>
</tr>
</tbody>
</table>

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

- **Calories:** 160
- **Fat cal:** 120 (21% DV)
- **Total fat:** 14g (21% DV)
- **Trans fat:** 0g
- **Cholest:** 30mg (11% DV)
- **Sodium:** 560mg (23% DV)
- **Total carb:** 0g (0% DV)
- **Fiber:** 0g (0% DV)
- **Sugar:** 0g
- **Protein:** 10g (20% DV)
- **Vitamin A:** (0% DV)
- **Vitamin C:** (0% DV)
- **Calcium:** (0% DV)
- **Iron:** (20% DV)

Percent Daily Values (DV) are based on a 2,000 calorie diet.

---

**Mortadella with Pistachio Nuts**

<table>
<thead>
<tr>
<th>Calories</th>
<th>Total fat</th>
<th>Cholest</th>
<th>Sodium</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>170</td>
<td>14</td>
<td>30</td>
<td>560</td>
<td>10</td>
</tr>
</tbody>
</table>

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

- **Calories:** 170
- **Fat cal:** 120 (21% DV)
- **Total fat:** 14g (21% DV)
- **Trans fat:** 0g
- **Cholest:** 30mg (11% DV)
- **Sodium:** 560mg (23% DV)
- **Total carb:** 0g (0% DV)
- **Fiber:** 0g (0% DV)
- **Sugar:** 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.

---

**Uncured Pancetta**

<table>
<thead>
<tr>
<th>Calories</th>
<th>Total fat</th>
<th>Cholest</th>
<th>Sodium</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>50</td>
<td>4.5</td>
<td>10</td>
<td>230</td>
<td>2</td>
</tr>
</tbody>
</table>

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

- **Calories:** 50
- **Fat cal:** 40 (7% DV)
- **Total fat:** 4.5g (7% DV)
- **Trans fat:** 0g
- **Cholest:** 10mg (4% DV)
- **Sodium:** 230mg (9% DV)
- **Total carb:** 0g (0% DV)
- **Fiber:** 0g (0% DV)
- **Sugar:** 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**

<table>
<thead>
<tr>
<th>Calories</th>
<th>Total fat</th>
<th>Cholest</th>
<th>Sodium</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>80</td>
<td>5</td>
<td>25</td>
<td>550</td>
<td>8</td>
</tr>
</tbody>
</table>

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

- **Calories:** 80
- **Fat cal:** 45 (7% DV)
- **Total fat:** 5g (7% DV)
- **Trans fat:** 0g
- **Cholest:** 25mg (8% DV)
- **Sodium:** 550mg (23% DV)
- **Total carb:** 0g (0% DV)
- **Fiber:** 0g (0% DV)
- **Sugar:** 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.
### CHARCUTERIE NUTRITION FACTS

<table>
<thead>
<tr>
<th>CHARCUTERIE</th>
<th>NUTRITION FACTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>SANDWICH STYLE PEPPERONI</td>
<td>Nutrition Facts&lt;br&gt;Serv size: 1 oz (28g), Servings: Varied, Amount Per Serving:&lt;br&gt;&lt;br&gt;<strong>Calories 130, Fat cal 100, Total fat 11g (17% DV), Sat fat 4.5g (22% DV), Trans fat 0g, Monounsaturated fat 5g, Polyunsaturated fat 1.5g, Cholesterol 25mg (9% DV), Sodium 430mg (18% DV), Potassium 85mg (2% DV), Total carb 1g (0% DV), Fiber 0g (0% DV), Sugars 1g, Protein 8g (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.</strong></td>
</tr>
<tr>
<td>CHORIZO SERRANO</td>
<td>Nutrition Facts&lt;br&gt;Serv size: 1 oz (28g), Servings: Varied, Amount Per Serving:&lt;br&gt;&lt;br&gt;<strong>Calories 90, Fat cal 60, Total fat 6g (10% DV), Sat fat 2.5g (13% DV), Trans fat 0g, Monounsaturated fat 3g, Polyunsaturated fat 0.5g, Cholesterol 20mg (7% DV), Sodium 300mg (12% DV), Potassium 50mg (1% DV), Total carb &lt;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.</strong></td>
</tr>
<tr>
<td>GENOA SALAMI</td>
<td>Nutrition Facts&lt;br&gt;Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:&lt;br&gt;&lt;br&gt;<strong>Calories 190, Fat cal 130, Total fat 15g (23% DV), Sat fat 5g (24% DV), Trans fat 0g, Monounsaturated fat 6g, Polyunsaturated fat 2g, Cholesterol 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.</strong></td>
</tr>
<tr>
<td>HARD SALAMI</td>
<td>Nutrition Facts&lt;br&gt;Serv size: 1 oz (28g), Servings: Varied, Amount Per Serving:&lt;br&gt;&lt;br&gt;<strong>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.</strong></td>
</tr>
</tbody>
</table>
| SERRANO HAM | Nutrition Facts<br>Serv size: 1 oz (28g), Servings: Varied, Amount Per Serving:<br><br>**Calories 60, 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.**
### Nutrition Facts

**UNCURED SOPRESSATA GRANDE (HOT & SWEET)**

<table>
<thead>
<tr>
<th>Nutrition Facts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serv size: 1 oz (28g), Servings: Varied, Amount Per Serving:</td>
</tr>
<tr>
<td>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.</td>
</tr>
</tbody>
</table>

**UNCURED CAPOCOLLO (HOT & SWEET)**

<table>
<thead>
<tr>
<th>Nutrition Facts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serv size: 1 oz (28g), Servings: Varied, Amount Per Serving:</td>
</tr>
<tr>
<td>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), Potassium 110mg (3% 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.</td>
</tr>
</tbody>
</table>

**BLACKENED TURKEY BREAST**

<table>
<thead>
<tr>
<th>Nutrition Facts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:</td>
</tr>
<tr>
<td>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.</td>
</tr>
</tbody>
</table>

**ALOHA SUNSHINE TURKEY BREAST**

<table>
<thead>
<tr>
<th>Nutrition Facts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:</td>
</tr>
<tr>
<td>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 470mg (20% DV), Potassium 180mg (5% DV), Total carb 1g (0% DV), Fiber 0g (0% DV), Sugars 1g, 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.</td>
</tr>
</tbody>
</table>

**CAJUN STYLE SMOKED OVEN ROASTED TURKEY BREAST**

<table>
<thead>
<tr>
<th>Nutrition Facts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:</td>
</tr>
<tr>
<td>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.</td>
</tr>
<tr>
<td>Nutrition Facts</td>
</tr>
<tr>
<td>-----------------</td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td><strong>HICKORY SMOKED BLACK FOREST TURKEY BREAST - 40% LOWER SODIUM</strong></td>
</tr>
<tr>
<td><strong>CRACKED PEPPER MILL™ SMOKED TURKEY BREAST</strong></td>
</tr>
<tr>
<td><strong>HONEY SMOKED TURKEY BREAST</strong></td>
</tr>
<tr>
<td><strong>MAPLE GLAZED HONEY COAT™ TURKEY BREAST</strong></td>
</tr>
</tbody>
</table>
**Nutrition Facts**

**MESQUITE WOOD SMOKED, ROASTED TURKEY BREAST**

<table>
<thead>
<tr>
<th>Calories</th>
<th>Total fat</th>
<th>Cholest</th>
<th>Sodium</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>60</td>
<td>1 g</td>
<td>25 mg</td>
<td>440 mg</td>
<td>12 g</td>
</tr>
</tbody>
</table>

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.

**NO SALT ADDED OVEN ROASTED TURKEY BREAST**

<table>
<thead>
<tr>
<th>Calories</th>
<th>Total fat</th>
<th>Cholest</th>
<th>Sodium</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>70</td>
<td>1 g</td>
<td>40 mg</td>
<td>55 mg</td>
<td>14 g</td>
</tr>
</tbody>
</table>

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 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.

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

<table>
<thead>
<tr>
<th>Calories</th>
<th>Total fat</th>
<th>Cholest</th>
<th>Sodium</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>60</td>
<td>1 g</td>
<td>20 mg</td>
<td>360 mg</td>
<td>12 g</td>
</tr>
</tbody>
</table>

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.

**OVENGOLD, ROASTED TURKEY BREAST**

<table>
<thead>
<tr>
<th>Calories</th>
<th>Total fat</th>
<th>Cholest</th>
<th>Sodium</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>60</td>
<td>1 g</td>
<td>20 mg</td>
<td>360 mg</td>
<td>11 g</td>
</tr>
</tbody>
</table>

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.

**PASTRAMI SEASONED TURKEY BREAST**

<table>
<thead>
<tr>
<th>Calories</th>
<th>Total fat</th>
<th>Cholest</th>
<th>Sodium</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>60</td>
<td>1 g</td>
<td>25 mg</td>
<td>460 mg</td>
<td>13 g</td>
</tr>
</tbody>
</table>

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 460mg (15% 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.
SIMPLICITY® ALL NATURAL® NUTRITION FACTS

**GOLDEN CATERING STYLE 43% LOWER SODIUM 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** 380mg (16% 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.

**SIMPLICITY® ALL NATURAL® ROASTED TURKEY BREAST**

**Nutrition Facts**

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

- **Calories**: 70, Fat cal 10, **Total fat** 1g (1% DV), Sat fat 0g (0% DV), Trans fat 0g, Monounsat fat 0g, Polyunsat 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.

**SIMPLICITY® ALL NATURAL® SMOKED TURKEY BREAST**

**Nutrition Facts**

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

- **Calories**: 70, Fat cal 10, **Total fat** 1g (1% DV), Sat fat 0g (0% DV), Trans fat 0g, Monounsat fat 0g, Polyunsat 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.

**SIMPLICITY® ALL NATURAL® TUSCAN BRAND TURKEY BREAST**

**Nutrition Facts**

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

- **Calories**: 60, Fat cal 10, **Total fat** 0.5g (1% DV), Sat fat 0g (0% DV), Trans fat 0g, Monounsat fat 0g, Polyunsat fat 0g, **Cholest** 25mg (8% DV), **Sodium** 480mg (20% DV), **Potassium** 160mg (4% DV), **Total carb** 0g (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.

**SIMPLICITY® ALL NATURAL® LEMON SAGE 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, Monounsat fat 0g, Polyunsat fat 0g, **Cholest** 25mg (8% DV), **Sodium** 670mg (28% DV), **Potassium** 170mg (5% DV), **Total carb** 2g (1% DV), Fiber 0g (0% DV), Sugars 1g, **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.
### SIMPLICITY® ALL NATURAL® JAMAICAN STYLE TURKEY BREAST

#### Nutrition Facts

- **Calories**: 70
- **Total fat**: 1g (1% DV)
- **Cholest**: 20mg (7% DV)
- **Sodium**: 580mg (24% DV)
- **Total carb**: 2g (1% DV)
- **Protein**: 14g (28% DV)

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 20mg (7% DV), Sodium 580mg (24% DV), Potassium 170mg (5% 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 (4% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

### SIMPLICITY® ALL NATURAL® SWEET CITRUS ROASTED TURKEY BREAST

#### Nutrition Facts

- **Calories**: 70
- **Total fat**: 0.5g (1% DV)
- **Cholest**: 20mg (7% DV)
- **Sodium**: 550mg (20% DV)
- **Total carb**: 2g (1% DV)
- **Protein**: 13g (26% DV)

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 20mg (7% DV), Sodium 550mg (23% DV), Potassium 120mg (3% DV), Total carb 2g (1% DV), Fiber 1g (2% DV), Sugars 2g, Protein 13g (26% 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.

### SIMPLICITY® ORGANIC HERB SEASONED TURKEY BREAST

#### Nutrition Facts

- **Calories**: 60
- **Total fat**: 1g (1% DV)
- **Cholest**: 60mg (20% DV)
- **Sodium**: 490mg (20% DV)
- **Total carb**: 1g (0% DV)
- **Protein**: 13g (27% DV)

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, Monounsat fat 0g, Polyunsat 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.

### SIMPLICITY® ALL NATURAL® CAP-OFF TOP ROUND OVEN ROASTED BEEF

#### Nutrition Facts

- **Calories**: 80
- **Total fat**: 3g (4% DV)
- **Cholest**: 40mg (13% DV)
- **Sodium**: 140mg (6% DV)
- **Total carb**: 0g (0% DV)
- **Protein**: 14g (26% DV)

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, Monounsat fat 1g, Polyunsat 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.

### SIMPLICITY® ALL NATURAL® GRILLED ROAST BEEF

#### Nutrition Facts

- **Calories**: 100
- **Total fat**: 4.5g (7% DV)
- **Cholest**: 35mg (12% DV)
- **Sodium**: 190mg (8% DV)
- **Total carb**: 1g (0% DV)
- **Protein**: 14g (28% DV)

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

Calories 100, Fat cal 40, Total fat 4.5g (7% DV), Sat fat 1.5g (9% DV), Trans fat 0g, Monounsat fat 2g, Polyunsat fat 0g, Cholest 35mg (12% DV), Sodium 190mg (8% DV), Potassium 170mg (5% DV), Total carb 1g (0% DV), Fiber 1g (3% DV), Sugars 0g, Protein 14g (27% 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.

*No artificial ingredients, minimally processed.*

---

*No artificial ingredients, minimally processed.*
### SIMPLICITY® ALL NATURAL* UNCURED HAM

#### Nutrition Facts

<table>
<thead>
<tr>
<th>Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:</th>
<th>Calories: 70, Fat cal 20, Total fat 2g (3% DV), Sat fat 0.5g (3% DV), Trans fat 0g, Monounsaturated fat 0.5g, Polyunsaturated fat 0g, Cholesterol 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.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>Total fat                                           Cholest</td>
</tr>
<tr>
<td>70</td>
<td>2 g                                                 mg</td>
</tr>
</tbody>
</table>

### SIMPLICITY® ALL NATURAL* APPLEWOOD SMOKED UNCURED HAM

#### Nutrition Facts

<table>
<thead>
<tr>
<th>Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:</th>
<th>Calories: 70, Fat cal 20, Total fat 3g (4% DV), Sat fat 1g (5% DV), Trans fat 0g, Monounsaturated fat 1.5g, Polyunsaturated fat 0g, Cholesterol 35mg (11% DV), Sodium 440mg (18% DV), Potassium 190mg (5% DV), Total carb 1g (0% DV), Fiber 0g (0% DV), Sugars 1g, Protein 12g (23% DV), Vitamin A 0% DV), Vitamin C 4% DV), Calcium (0% DV), Iron (4% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>Total fat                                           Cholest</td>
</tr>
<tr>
<td>70</td>
<td>3 g                                                 mg</td>
</tr>
</tbody>
</table>

### SIMPLICITY® ALL NATURAL* BROWN SUGAR UNCURED HAM

#### Nutrition Facts

<table>
<thead>
<tr>
<th>Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:</th>
<th>Calories: 80, Fat cal 25, Total fat 3g (4% DV), Sat fat 1.5g (8% DV), Trans fat 0g, Monounsaturated fat 1.5g, Polyunsaturated fat 0g, Cholesterol 35mg (11% DV), Sodium 510mg (21% DV), Potassium 190mg (5% DV), Total carb 1g (0% DV), Fiber 0g (0% DV), Sugars 1g, Protein 12g (23% 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.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>Total fat                                           Cholest</td>
</tr>
<tr>
<td>80</td>
<td>3 g                                                 mg</td>
</tr>
</tbody>
</table>

### SIMPLICITY® ALL NATURAL* SMOKED PEPPER ROLLED UNCURED PORK BELLY

#### Nutrition Facts

<table>
<thead>
<tr>
<th>Serv size: 0.5 oz (15g), Servings: Varied, Amount Per Serving:</th>
<th>Calories: 60, Fat cal 50, Total fat 5g (8% DV), Sat fat 1.5g (8% DV), Trans fat 0g, Monounsaturated fat 2g, Polyunsaturated fat 1g, Cholesterol 5mg (2% DV), Sodium 105mg (4% DV), Potassium 30mg (1% 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.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>Total fat                                           Cholest</td>
</tr>
<tr>
<td>60</td>
<td>5 g                                                 mg</td>
</tr>
</tbody>
</table>

### SIMPLICITY® ALL NATURAL* PROSCIUTTO

#### Nutrition Facts

<table>
<thead>
<tr>
<th>Serv size: 1 oz (28g), Servings: Varied, Amount Per Serving:</th>
<th>Calories: 70, Fat cal 40, Total fat 4.5g (7% DV), Sat fat 1.5g (8% DV), Trans fat 0g, Monounsaturated fat 2g, Polyunsaturated fat 0.5g, Cholesterol 30mg (9% DV), Sodium 750mg (31% 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.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>Total fat                                           Cholest</td>
</tr>
<tr>
<td>70</td>
<td>3.5 g                                                mg</td>
</tr>
</tbody>
</table>

---

*No artificial ingredients, minimally processed.
†No Nitrates or Nitrites added except for those naturally occurring in sea salt and cultured celery powder.
### SIMPLICITY® ALL NATURAL® UNCURED BIANCO D’ORO® ITALIAN DRY SALAME

**Nutrition Facts**

<table>
<thead>
<tr>
<th>Calories</th>
<th>Total fat</th>
<th>Cholest</th>
<th>Sodium</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>110</td>
<td>8 g</td>
<td>25 mg</td>
<td>390 mg</td>
<td>7 g</td>
</tr>
</tbody>
</table>

**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.

*No artificial ingredients, minimally processed. 
†No Nitrates or Nitrites added except for those naturally occurring in sea salt and cultured celery powder.

### SIMPLICITY® ALL NATURAL® UNCURED® GENOA SALAME

**Nutrition Facts**

<table>
<thead>
<tr>
<th>Calories</th>
<th>Total fat</th>
<th>Cholest</th>
<th>Sodium</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>90</td>
<td>7 g</td>
<td>25 mg</td>
<td>390 mg</td>
<td>6 g</td>
</tr>
</tbody>
</table>

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

- **Calories 90,** Fat cal 60, **Total fat** 7g (11% DV), Sat fat 2.5g (12% DV), Trans fat 0g, Monounsat fat 3.5g, Polyunsat fat 0g, Cholest 25mg (7% DV), Sodium 430mg (18% 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 (0% DV), Calcium (0% DV), Iron (2% DV).

Percent Daily Values (DV) are based on a 2,000 calorie diet.

### SIMPLICITY® ALL NATURAL® UNCURED® SOPRESSATA PICCANTE

**Nutrition Facts**

<table>
<thead>
<tr>
<th>Calories</th>
<th>Total fat</th>
<th>Cholest</th>
<th>Sodium</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>90</td>
<td>7 g</td>
<td>20 mg</td>
<td>390 mg</td>
<td>7 g</td>
</tr>
</tbody>
</table>

**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, Monounsat fat 3.5g, Polyunsat fat 0g, Cholest 20mg (7% DV), Sodium 490mg (18% 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.

*No artificial ingredients, minimally processed. 
†No Nitrates or Nitrites added except for those naturally occurring in sea salt and cultured celery powder.

### SIMPLICITY® ALL NATURAL IMPORTED SWISS CHEESE

**Nutrition Facts**

<table>
<thead>
<tr>
<th>Calories</th>
<th>Total fat</th>
<th>Cholest</th>
<th>Sodium</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>110</td>
<td>8 g</td>
<td>25 mg</td>
<td>60 mg</td>
<td>9 g</td>
</tr>
</tbody>
</table>

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

- **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).

### SIMPLICITY® ALL NATURAL PICANTE PROVOLONE CHEESE

**Nutrition Facts**

<table>
<thead>
<tr>
<th>Calories</th>
<th>Total fat</th>
<th>Cholest</th>
<th>Sodium</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>100</td>
<td>8 g</td>
<td>25 mg</td>
<td>220 mg</td>
<td>7 g</td>
</tr>
</tbody>
</table>

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

- **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).
SIMPLICITY® ORGANIC WHITE CHEDDAR CHEESE

Nutrition Facts
Servings: Varied, Serv size: 1 oz (28g), Amount Per Serving:
Calories 100, Total fat 9g (12% DV), Sat fat 6g (30% DV), Trans fat 0g, Cholesterol 25mg (8% DV), Sodium 150mg (7% DV), Potassium (0% DV), Total Carbs <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).

SIMPLICITY® ORGANIC MONTEREY JACK CHEESE

Nutrition Facts
Servings: Varied, Serv size: 1 oz (28g), Amount Per Serving:
Calories 110, Total fat 9g (12% DV), Sat fat 6g (30% DV), Trans fat 0g, Cholesterol 30mg (10% DV), Sodium 150mg (7% DV), Potassium (0% DV), Total Carbs <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).
FOR SIMPLICITY® ALL NATURAL* MEATS:

*No artificial ingredients, minimally processed
Raised without added hormones\(^1\), and no antibiotics ever
No Nitrates or Nitrites Added\(^2\)
No preservatives
Humanely raised\(^3\)

\(^1\) Raised without the use of antibiotics, hormones, growth promotants or animal by-products. Federal Regulations prohibit the use of hormones in poultry and pork.
\(^2\) Turkey breast contains naturally occurring nitrates in sea salt. Ham contains naturally occurring nitrates in sea salt and cultured celery powder.
\(^3\) Boar’s Head Brand defines humanely raised as animals raised with shelter, resting areas, sufficient space, and the ability to engage in natural behaviors.
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.
**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

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® Ovengold 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

Cut the Ovengold 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 Ovengold 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.

---

**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.

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.
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.
**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.

---

**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**

**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.**
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.
**QUALITY RECIPES**

**PEPPERHOUSE GOURMAISE® DIP**

**SERVINGS:** 4

**INGREDIENTS:**
1. Bottle Boar’s Head, Pepperhouse Gourmaise, Spread
2. Mini carrots
3. Cucumber
4. Red pepper
5. Radishes
6. Celery

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.

**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.

---

**OVENGOLD® TURKEY SLAW SLIDERS**

**SERVINGS:** 4

**INGREDIENTS:**
1. each Pretzel or round roll, small & sliced in half lengthwise
2. tablespoons Boar’s Head Bold, Fiery Chipotle Gourmaise, Spread
3. tablespoons Coleslaw, prepared
4. slices Boar’s Head, Muenster Cheese
5. slices Boar’s Head Ovengold Turkey Breast

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.

**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.
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.
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.
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.
OVENGOLD® TURKEY SWEET & SPICY CURRY PITA

SERVINGS: 4

INGREDIENTS:

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

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

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.
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 or flavors, 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

© 2020 Boar’s Head Brand
7/2020

*All Boar’s Head meats, cheeses, spreads and condiments are gluten free.
†From partially hydrogenated oils.