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.
<table>
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<tr>
<th>Page</th>
<th>Section</th>
</tr>
</thead>
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<td>15</td>
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<td>18</td>
<td>HAM (1-3g carbs)</td>
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<td>21</td>
<td>CHARCUTERIE (0-2g carbs)</td>
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<td>23</td>
<td>TURKEY (0-2g carbs)</td>
</tr>
<tr>
<td>26</td>
<td>SIMPLICITY® ALL NATURAL* (0-1g carbs)</td>
</tr>
<tr>
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</tr>
</tbody>
</table>

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

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 Roasted Turkey Breast
  - 43% Lower Sodium
- Maple Glazed Honey Coat® Turkey Breast
- Mesquite Wood Smoked - Turkey Breast
  - 32% Lower Sodium
- No Salt Added Turkey Breast
- Our Premium Lower Sodium Turkey Breast
  - 46% Lower Sodium - Skinless
- Ovengold® Turkey Breast
- 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

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

<table>
<thead>
<tr>
<th>Meat Type</th>
<th>Sodium</th>
<th>% DV</th>
</tr>
</thead>
<tbody>
<tr>
<td>Branded Deluxe Ham</td>
<td>480mg</td>
<td>20%</td>
</tr>
<tr>
<td>SmokeMaster Beechwood Smoked® Black Forest Ham - With Natural Juices</td>
<td>460mg</td>
<td>19%</td>
</tr>
<tr>
<td>33% Lower Sodium Bologna</td>
<td>360mg</td>
<td>15%</td>
</tr>
<tr>
<td>Our Premium Lower Sodium Turkey Breast</td>
<td>360mg</td>
<td>15%</td>
</tr>
<tr>
<td>Ovengold®, Roasted Turkey Breast</td>
<td>360mg</td>
<td>15%</td>
</tr>
<tr>
<td>Hickory Smoked Black Forest Turkey Breast</td>
<td>390mg</td>
<td>16%</td>
</tr>
<tr>
<td>Deluxe Low Sodium Roast Beef - Cap Off Top Round</td>
<td>80mg</td>
<td>3%</td>
</tr>
<tr>
<td>No Salt Added Turkey Breast</td>
<td>55mg</td>
<td>2%</td>
</tr>
<tr>
<td>No Salt Added Roast Beef</td>
<td>40mg</td>
<td>2%</td>
</tr>
<tr>
<td>Mesquite Wood Smoked- Roasted Turkey Breast</td>
<td>440mg</td>
<td>18%</td>
</tr>
<tr>
<td>Golden Roasted Turkey Breast</td>
<td>380mg</td>
<td>16%</td>
</tr>
<tr>
<td>Golden Classic®, Chicken Breast</td>
<td>350mg</td>
<td>15%</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Cheese Type</th>
<th>Sodium</th>
<th>% DV</th>
</tr>
</thead>
<tbody>
<tr>
<td>44% Lower Sodium Provolone Cheese</td>
<td>140mg</td>
<td>6%</td>
</tr>
<tr>
<td>Lacey Swiss Cheese</td>
<td>60mg</td>
<td>3%</td>
</tr>
<tr>
<td>Low Sodium Muenster Cheese</td>
<td>75mg</td>
<td>3%</td>
</tr>
<tr>
<td>Imported Switzerland Swiss® Cheese</td>
<td>60mg</td>
<td>2%</td>
</tr>
<tr>
<td>33% Lower Fat - 36% Lower Sodium American Cheese - Reduced Fat Pasteurized Process American Cheese</td>
<td>300mg</td>
<td>13%</td>
</tr>
</tbody>
</table>

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
**DELCHE LOW SODIUM ROAST BEEF - CAP-OFF TOP ROUND**

**Nutrition Facts**
Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:
- Calories 90, Fat cal 25, **Total fat** 3g (4% DV), Sat fat 0g (6% DV), Trans fat 0g, Monounsat fat 1.5g, Polyunsat fat 0g, **Cholest** 35mg (12% DV), **Sodium** 80mg (3% DV), **Potassium** 180mg (5% DV), **Total carb** <1g (0% DV), Fiber 0g (0% DV), Sugars 0g, Protein 15g (30% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (8% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

**ITALIAN STYLE ROAST BEEF**

**Nutrition Facts**
Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:
- Calories 80, Fat cal 25, **Total fat** 3g (5% DV), Sat fat 1g (5% DV), Trans fat 0g, Monounsat fat 1.5g, Polyunsat fat 0g, **Cholest** 35mg (12% DV), **Sodium** 370mg (15% DV), **Potassium** 180mg (5% DV), **Total carb** 0g (0% DV), Fiber 0g (0% DV), Sugars 0g, Protein 13g (26% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (6% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

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

**Nutrition Facts**
Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:
- Calories 90, Fat cal 30, **Total fat** 3g (5% DV), Sat fat 1.5g (7% DV), Trans fat 0g, Monounsat fat 1.5g, Polyunsat fat 0g, **Cholest** 40mg (13% DV), **Sodium** 230mg (10% DV), **Total carb** 0g (0% DV), Fiber 0g (0% DV), Sugars 0g, Protein 14g (28% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (10% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

**CORNEB BEEF TOP ROUND - CAP-OFF**

**Nutrition Facts**
Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:
- Calories 80, Fat cal 25, **Total fat** 2.5g (4% DV), Sat fat 1g (6% DV), Trans fat 0g, Monounsat fat 1g, Polyunsat fat 0g, **Cholest** 30mg (10% DV), **Sodium** 490mg (20% DV), **Total carb** 0g (0% DV), Fiber 0g (0% DV), Sugars 0g, Protein 14g (27% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (10% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

**FIRST CUT CORNED BEEF BRISKET**

**Nutrition Facts**
Serv size: 2.5 oz (66g) Cooked, Servings: Varied, Amount Per Serving:
- Calories 130, Fat cal 60, **Total fat** 7g (11% DV), Sat fat 2.5g (13% DV), Trans fat 0g, Monounsat fat 3.5g, Polyunsat fat 0g, **Cholest** 60mg (21% DV), **Sodium** 380mg (16% DV), **Potassium** 135mg (4% DV), **Total carb** 0g (0% DV), Fiber 0g (0% DV), Sugars 0g, Protein 18g (35% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (15% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.
TOP ROUND PASTRAMI - CAP OFF

Nutrition Facts
Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:
Calories 80, Fat cal 3, Total fat 3g (5% DV), Sat fat 1g (6% DV), Trans fat 0g, Monounsat fat 1.5g, Polyunsat fat 0g, Cholest 30mg (11% DV), Sodium 600mg (25% DV), Total carb <1g (0% DV), Fiber 0g (0% DV), Sugars 0g, Protein 13g (26% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (8% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

FIRST CUT PASTRAMI BRISKET

Nutrition Facts
Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:
Calories 90, Fat cal 4, Total fat 4g (6% DV), Sat fat 1.5g (7% DV), Trans fat 0g, Monounsat fat 2g, Polyunsat fat 0g, Cholest 30mg (10% DV), Sodium 670mg (28% DV), Total carb 2g (1% DV), Fiber 0g (0% DV), Sugars 0g, Protein 12g (25% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (8% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

NO SALT ADDED ROAST BEEF

Nutrition Facts
Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:
Calories 90, Fat cal 3.5, Total fat 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 2.5, Total fat 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.

LONDON BROIL ROAST BEEF - CAP-OFF TOP ROUND

Nutrition Facts
Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:
Calories 70, Fat cal 3, 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>Cholestat</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, Monounsaturat fat 6g, Polyunsaturat fat 1.5g, Cholestat 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.

### Bologna

**Nutrition Facts**

<table>
<thead>
<tr>
<th>Calories</th>
<th>Total fat</th>
<th>Cholestat</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), Monounsaturat fat 5g, Polyunsaturat fat 0g, Cholestat 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>Cholestat</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, Monounsaturat fat 6g, Polyunsaturat fat 1g, Cholestat 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>Cholestat</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, Monounsaturat fat 6g, Polyunsaturat fat 1g, Cholestat 35mg (11% DV), Sodium 530mg (22% DV), Total carb 1g (0% DV), Fiber 0g (0% DV), Sugars 1g, Protein 7g (14% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (4% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

### Strassburger Brand Liverwurst

**Nutrition Facts**

<table>
<thead>
<tr>
<th>Calories</th>
<th>Total fat</th>
<th>Cholestat</th>
<th>Sodium</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>170</td>
<td>15 g</td>
<td>85 mg</td>
<td>470 mg</td>
<td>8 g</td>
</tr>
</tbody>
</table>

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, Monounsaturat fat 7g, Polyunsaturat fat 1.5g, Cholestat 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.
Nutrition Facts
Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:
Calories 120, Fat cal 80, Total fat 8g (13% DV), Sat fat 5g (24% DV),
Trans fat 0g, Monounsat fat 2.5g, Polyunsat fat 1g, Cholest 50mg (16% DV),
Sodium 450mg (15% 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.

Nutrition Facts
Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:
Calories 150, Fat cal 110, 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 <1g (0% DV),
Fiber 0g (0% DV), Sugars <1g, Protein 6g (13% DV), Vitamin A (2% DV),
Vitamin C (0% DV), Calcium (2% DV), Iron (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

Nutrition Facts
Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:
Calories 120, Fat cal 80, Total fat 9g (13% DV), Sat fat 3.5g (17% DV),
Trans fat 0g, Monounsat fat 4.5g, Polyunsat fat 0g, Cholest 30mg (10% DV),
Sodium 450mg (19% DV), Potassium 105mg (3% DV), Total carb <1g (0% DV),
Fiber 0g (0% DV), Sugars <1g, Protein 8g (16% DV), Vitamin A (2% 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
Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:
Calories 130, Fat cal 100, Total fat 11g (16% DV), Sat fat 5g (24% DV),
Trans fat 0g, Monounsat fat 5g, Polyunsat fat 0g, Cholest 40mg (13% DV),
Sodium 590mg (25% DV), Potassium 135mg (4% DV), Total carb 0g (0% DV),
Fiber 0g (0% DV), Sugars 0g, Protein 8g (16% DV), Vitamin A (0% DV),
Vitamin C (0% DV), Calcium (0% DV), Iron (4% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.
### Nutrition Facts

**CHIPOTLE GOUDA CHEESE**

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

**3 PEPPER COLBY JACK CHEESE**

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

**ITALIAN STYLE HERB MOZZARELLA CHEESE**

**Calories** 110, **Total fat** 9g (11% DV), **Sat fat** 6g (28% DV), **Trans fat** 0g, **Cholest** 30mg (10% DV), **Sodium** 180mg (8% 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** (0% DV).

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

**Calories** 110, **Total fat** 10g (12% DV), **Sat fat** 6g (32% DV), **Trans fat** 0g, **Cholest** 30mg (10% DV), **Sodium** 200mg (8% DV), **Total Carb** 0g (0% DV), **Fiber** 0g (0% DV), **Total sugars** 0g (Incl 0g added sugars, 0% DV), **Protein** 7g (14% DV), **Vit D** (0% DV), **Calcium** (15% DV), **Iron** (0% DV), **Potas** (0% DV).
**CHEESE NUTRITION FACTS**

### COLBY JACK CHEESE

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

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

### MANCHEGO CHEESE, PRODUCT OF SPAIN

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

- **Calories 100**, Total fat 9g (11% DV), Sat fat 6g (31% DV), Trans fat 0g, Cholest 20mg (7% DV), Sodium 220mg (10% DV), Total carb 0g (0% DV), Fiber 0g (0% DV), Total sugars 0g (Incl 0g added sugars, 0% DV), Protein 6g (12% DV), Vitamin D (0% DV), Calcium (15% DV), Iron (0% DV), Potas (2% DV).

### SMOKED GOUDA CHEESE

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

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

### AMERICAN CHEESE (YELLOW & WHITE)

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

- **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 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 (2% DV).

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

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

- **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
PASTEURIZED PROCESS GRUYERE CHEESE

Nutrition Facts
Servings: Varied, Serv size: 1 oz (28g), Amount Per Serving:
Calories 100, Total fat 8g (10% DV), Sat fat 6g (30% DV), Trans fat 0g, Cholest 20mg (7% DV), Sodium 360mg (16% DV), Total Carb 0g (0% DV), Fiber 0g (0% DV), Total sugars 0g (Incl 0g added sugars, 0% DV), Protein 6g (12% DV), Vitamin D (0% DV), Calcium (20% DV), Iron (0% DV), Potas (0% DV).

FONTINA CHEESE

Nutrition Facts
Servings: Varied, Serv size: 1 oz (28g), Amount Per Serving:
Calories 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 7g (14% DV), Vitamin D (0% DV), Calcium (15% DV), Iron (0% DV), Potas (0% DV).

LOW SODIUM MUENSTER CHEESE

Nutrition Facts
Servings: Varied, Serv size: 1 oz (28g), Amount Per Serving:
Calories 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), Vitamin D (0% DV), Calcium (15% DV), Iron (0% DV), Potas (0% DV).

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), Vitamin 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), Vitamin 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 (34% DV), Trans fat 0g, Cholest 35mg (12% DV), Sodium 230mg (10% DV), Total Carb 0g (0% DV), Fiber 0g (0% DV), Total sugars 0g (Incl 0g added sugars, 0% DV), Protein 8g (16% DV), Vit D (0% DV), Calcium (20% DV), Iron (0% DV), Potas (0% DV).

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

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

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

MONTEREY JACK CHEESE: PLAIN OR JALAPEÑO PEPPER JACK

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

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

#### Whole Milk Low Moisture Mozzarella Cheese

<table>
<thead>
<tr>
<th>Nutritional Value</th>
<th>Calories</th>
<th>Total Fat</th>
<th>Cholest</th>
<th>Sodium</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>Per Serving</td>
<td>90</td>
<td>7g</td>
<td>15mg</td>
<td>180mg</td>
<td>6g</td>
</tr>
</tbody>
</table>

#### Muenster Cheese

<table>
<thead>
<tr>
<th>Nutritional Value</th>
<th>Calories</th>
<th>Total Fat</th>
<th>Cholest</th>
<th>Sodium</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>Per Serving</td>
<td>90</td>
<td>7g</td>
<td>20mg</td>
<td>150mg</td>
<td>6g</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Nutritional Value</th>
<th>Calories</th>
<th>Total Fat</th>
<th>Cholest</th>
<th>Sodium</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>Per Serving</td>
<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

<table>
<thead>
<tr>
<th>Nutritional Value</th>
<th>Calories</th>
<th>Total Fat</th>
<th>Cholest</th>
<th>Sodium</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>Per Serving</td>
<td>110</td>
<td>9g</td>
<td>30mg</td>
<td>190mg</td>
<td>7g</td>
</tr>
</tbody>
</table>
## 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 110, Total fat 10g (13% DV), Sat fat 7g (35% DV), Trans fat 0g, Cholest 30mg (10% DV), Sodium 250mg (11% DV), Total carb 0g (0% DV), Fiber 0g (0% DV), Total sugars 0g (Incl 0g added sugars, 0% DV), Protein 6g (12% DV), Vitamin D (0% DV), Calcium (15% DV), Iron (0% DV), Potas (0% DV). |

## LACEY SWISS CHEESE

### Nutrition Facts

| Servings: Varied, Serv size: 1 oz (28g), Amount Per Serving: |
| Calories 90, Total fat 6g (7% DV), Sat fat 4g (20% DV), Trans fat 0g, Cholest 15mg (6% DV), Sodium 60mg (3% DV), Total carb 0g (0% DV), Fiber 0g (0% DV), Total sugars 0g (Incl 0g added sugars, 0% DV), Protein 9g (18% DV), Vit D (0% DV), Calcium (20% DV), Iron (0% DV), Potas (0% DV). |

## MILD SWISS CHEESE

### Nutrition Facts

| Servings: Varied, Serv size: 1 oz (28g), Amount Per Serving: |
| Calories 120, Total fat 10g (13% DV), Sat fat 6g (30% DV), Trans fat 0g, Cholest 30mg (10% DV), Sodium 70mg (3% DV), Total carb 1g (0% DV), Fiber 0g (0% DV), Total sugars 0g (Incl 0g added sugars, 0% DV), Protein 7g (14% DV), Vit D (0% DV), Calcium (15% DV), Iron (0% DV), Potas (0% DV). |
Made with Mild Swiss Cheese.

Standard serving is 1 oz. This sandwich contains 2 servings.
## CHICKEN NUTRITION FACTS

### ALL AMERICAN BBQ CHICKEN BREAST

**Nutrition Facts**
Serv size: 2 oz (56g), Servings: Varied, 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>70</td>
<td>1</td>
<td>35 mg</td>
<td>370 mg</td>
<td>10 g</td>
</tr>
</tbody>
</table>

**ALL AMERICAN BBQ CHICKEN BREAST**

Nutrition Facts (Blazing Buffalo Style)
Serv size: 2 oz (56g), Servings: Varied, 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>60</td>
<td>1</td>
<td>40 mg</td>
<td>420 mg</td>
<td>13 g</td>
</tr>
</tbody>
</table>

**ALL AMERICAN BBQ CHICKEN BREAST**

Nutrition Facts (Chipotle Style)
Serv size: 2 oz (56g), Servings: Varied, 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>70</td>
<td>1.5</td>
<td>35 mg</td>
<td>510 mg</td>
<td>12 g</td>
</tr>
</tbody>
</table>

**ALL AMERICAN BBQ CHICKEN BREAST**

Nutrition Facts (Everroast Style)
Serv size: 2 oz (56g), Servings: Varied, 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>70</td>
<td>1.5</td>
<td>35 mg</td>
<td>510 mg</td>
<td>12 g</td>
</tr>
</tbody>
</table>

**ALL AMERICAN BBQ CHICKEN BREAST**

Nutrition Facts (Ichiban Teriyaki Style)
Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:

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<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>1.5</td>
<td>35 mg</td>
<td>510 mg</td>
<td>12 g</td>
</tr>
</tbody>
</table>

**ALL AMERICAN BBQ CHICKEN BREAST**

Percent Daily Values (DV) are based on a 2,000 calorie diet.
### CHICKEN | NUTRITION FACTS

#### LEMON PEPPER OVEN ROASTED CHICKEN BREAST

**Nutrition Facts**
Serv size: 2 oz (56g), Servings: Varied, 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>60</td>
<td>1 g</td>
<td>35 mg</td>
<td>360 mg</td>
<td>11 g</td>
</tr>
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</table>

#### ROTISSERIE SEASONED OVEN ROASTED CHICKEN BREAST

**Nutrition Facts**
Serv size: 2 oz (56g), Servings: Varied, 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>60</td>
<td>1.5 g</td>
<td>35 mg</td>
<td>400 mg</td>
<td>11 g</td>
</tr>
</tbody>
</table>

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

**Nutrition Facts**
Serv size: 2 oz (56g), Servings: Varied, 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>60</td>
<td>1.5 g</td>
<td>35 mg</td>
<td>350 mg</td>
<td>12 g</td>
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</table>

#### MADRASALA, CURRY CHICKEN BREAST

**Nutrition Facts**
Serv size: 2 oz (56g), Servings: Varied, 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>60</td>
<td>1 g</td>
<td>40 mg</td>
<td>470 mg</td>
<td>12 g</td>
</tr>
</tbody>
</table>
CHICKEN

Made with Bold Ichiban Teriyaki® Style® Oven Roasted Chicken Breast.
Standard serving size is 2 oz.
This salad contains 1.5 servings.
### HAM NUTRITION FACTS

**GOURMET PEPPER BRAND HAM - WATER ADDED**

**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>60</td>
<td>1 g</td>
<td>20 mg</td>
<td>500 mg</td>
<td>10 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 0.5g, Polyunsat fat 0g, **Cholest 20mg** (7% DV), **Sodium 500mg** (21% DV), **Potassium 180mg** (5% DV), **Total carb 2g** (1% DV), Fiber 0g (0% DV), Sugars 1g, **Protein 10g** (20% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (6% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

**MAPLE GLAZED HONEY COAT, HAM - WATER ADDED**

**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>60</td>
<td>1 g</td>
<td>20 mg</td>
<td>570 mg</td>
<td>10 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 0.5g, Polyunsat fat 0g, **Cholest 20mg** (7% DV), **Sodium 570mg** (24% DV), **Total carb 3g** (1% DV), Fiber 0g (0% DV), Sugars 3g, **Protein 10g** (20% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (6% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

**PESTO PARMESAN OVEN ROASTED HAM**

**Nutrition Facts**

<table>
<thead>
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<th>Calories</th>
<th>Total fat</th>
<th>Cholest</th>
<th>Sodium</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>70</td>
<td>2.5 g</td>
<td>30 mg</td>
<td>550 mg</td>
<td>12 g</td>
</tr>
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</table>

Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:
- **Calories 70**, Fat cal 20, **Total fat 2.5g** (3% DV), Sat fat 1g (4% DV), Trans fat 0g, Monounsat fat 1g, Polyunsat fat 0g, **Cholest 30mg** (10% DV), **Sodium 550mg** (23% DV), **Potassium 170mg** (5% DV), **Total carb 1g** (0% DV), Fiber 0g (0% DV), Sugars 0g, **Protein 12g** (23% DV), Vitamin A (8% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

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

**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>2.5 g</td>
<td>10 mg</td>
<td>500 mg</td>
<td>10 g</td>
</tr>
</tbody>
</table>

Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:
- **Calories 70**, Fat cal 20, **Total fat 2.5g** (4% DV), Sat fat 1g (4% DV), Trans fat 0g, Monounsat fat 1.5g, Polyunsat fat 0g, **Cholest 10mg** (3% DV), **Sodium 500mg** (21% DV), **Total carb 2g** (1% DV), Fiber 0g (0% DV), Sugars 0g, **Protein 10g** (20% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (4% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

**SMOKED VIRGINIA HAM - WATER ADDED**

**Nutrition Facts**

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<tr>
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<th>Cholest</th>
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<th>Protein</th>
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<tbody>
<tr>
<td>60</td>
<td>1 g</td>
<td>25 mg</td>
<td>590 mg</td>
<td>9 g</td>
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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), **Total carb 2g** (1% DV), Fiber 0g (0% DV), Sugars 2g, **Protein 9g** (18% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (4% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.
HAM NUTRITION FACTS

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

Nutrition Facts
Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:
Calories 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 (15% 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 1g, 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 (0% 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 9g (18% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (4% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

BRANDED DELUXE HAM - 42% LOWER SODIUM - WATER ADDED

Nutrition Facts
Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:
Calories 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 480mg (20% DV), Potassium 125mg (4% DV), Total carb 2g (1% DV), Fiber 0g (0% DV), Sugars 2g, Protein 10g (20% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

ITALIAN CAPPY STYLE HAM - WATER ADDED

Nutrition Facts
Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:
Calories 70, Fat cal 30, Total fat 3g (5% DV), Sat fat 1g (5% DV), Trans fat 0g, Monounsat fat 1.5g, Polyunsat fat 0g, Cholest 35mg (12% DV), Sodium 730mg (30% DV), Potassium 150mg (4% DV), Total carb 2g (1% DV), Fiber 0g (0% DV), Sugars 2g, Protein 9g (18% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.
HAM | NUTRITION FACTS

**HOT ITALIAN CAPPY STYLE HAM - WATER ADDED**

**Nutrition Facts**
Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:
- **Calories** 110, **Fat** 8g (12% DV), **Total fat** 2.5g (4% DV), **Sat fat** 0.5g (3% DV), **Trans fat** 0g, **Monounsat fat** 1.5g, **Polyunsat fat** 0.5g, **Cholest** 35mg (12% DV), **Sodium** 480mg (20% DV), **Total carb** 0g (0% DV), **Fiber** 0g (0% DV), **Sugars** 0g, **Protein** 9g (18% DV), **Vitamin A** (0% DV), **Vitamin C** (0% DV), **Calcium** (0% DV), **Iron** (4% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

**SWEET SLICE, SMOKED UNCURED HAM - CONTAINS 7% SEASONING SOLUTION**

**Nutrition Facts**
Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:
- **Calories** 60, **Fat** 2.5g (4% DV), **Total fat** 1g (5% DV), **Sat fat** 1g (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.

**TAVERN HAM - WITH NATURAL JUICES**

**Nutrition Facts**
Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:
- **Calories** 60, **Fat** 2g (1% DV), **Total fat** 1.5g (4% DV), **Sat fat** 0.5g (4% DV), **Trans fat** 0g, **Monounsat fat** 1g, **Polyunsat fat** 0.5g, **Cholest** 30mg (10% DV), **Sodium** 540mg (23% DV), **Potassium** 160mg (5% DV), **Total carb** 2g (1% DV), **Fiber** 0g (0% DV), **Sugars** 2g, **Protein** 10g (20% DV), **Vitamin A** (0% DV), **Vitamin C** (0% DV), **Calcium** (0% DV), **Iron** (4% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

**VIRGINIA HAM - WATER ADDED**

**Nutrition Facts**
Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:
- **Calories** 60, **Fat** 1g (2% DV), **Total fat** 0.5g (3% 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** 180mg (5% DV), **Total carb** 3g (1% DV), **Fiber** 0g (0% DV), **Sugars** 3g, **Protein** 9g (18% DV), **Vitamin A** (0% DV), **Vitamin C** (0% DV), **Calcium** (0% DV), **Iron** (4% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

**BOURBONRIDGE, SMOKED UNCURED HAM**

**Nutrition Facts**
Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:
- **Calories** 70, **Fat** 2.5g (4% DV), **Total fat** 1g (2% DV), **Sat fat** 0.5g (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** 0g (1% DV), **Sugars** 2g, **Protein** 10g (21% DV), **Vitamin A** (0% DV), **Vitamin C** (0% DV), **Calcium** (0% DV), **Iron** (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.
### CANADIAN STYLE UNCURED BACON

**Nutrition Facts**

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

<table>
<thead>
<tr>
<th>Calories</th>
<th>Fat cal</th>
<th>Total fat</th>
<th>Cholest</th>
<th>Sodium</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>70</td>
<td>25</td>
<td>14 g</td>
<td>25 mg</td>
<td>480 mg</td>
<td>11 g</td>
</tr>
</tbody>
</table>

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.

### UNCURED BIANCO D’ORO, ITALIAN DRY SALAME

**Nutrition Facts**

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

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

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.

### MORTADELLA

**Nutrition Facts**

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

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

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

### MORTADELLA WITH PISTACHIO NUTS

**Nutrition Facts**

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

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

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

### UNCURED PANCETTA

**Nutrition Facts**

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

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

Calories 50, Fat cal 40, Total fat 4.5g (7% DV), Sat fat 2g (11% DV), Trans fat 0g, Monounsat fat 2g, Polyunsat fat 1g, Cholest 10mg (4% DV), Sodium 230mg (9% DV), Total carb 0g (0% DV), Fiber 0g (0% DV), Sugars 0g, Protein 2g (4% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (0% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.
Nutrition Facts
Serv size: about 1 oz (30g), Servings: Varied, Amount Per Servicing:
**Calories** 80, **Total fat** 5g (7% DV), **Sat fat** 1.5g (8% DV), **Trans fat** 0g, **Monounsaturat fat** 1.5g, **Polyunsat fat** 1g, **Cholest** 25mg (8% DV), **Sodium** 550mg (23% DV), **Potassium** 110mg (3% DV), **Total carb** 0g (0% DV), **Fiber** 0g (0% DV), **Sugars** 0g, **Protein** 8g (16% DV), **Vitamin A** (0% DV), **Vitamin C** (0% DV), **Calcium** (0% DV), **Iron** (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

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Nutrition Facts
Serv size: 1 oz (28g), Servings: Varied, Amount Per Servicing:
**Calories** 90, **Total fat** 6g (10% DV), **Sat fat** 2.5g (13% DV), **Trans fat** 0g, **Monounsaturat fat** 3g, **Polyunsat fat** 0.5g, **Cholest** 20mg (7% DV), **Sodium** 300mg (12% DV), **Potassium** 85mg (2% DV), **Total carb** 1g (0% DV), **Fiber** 0g (0% DV), **Sugars** 1g, **Protein** 6g (12% 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.

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Nutrition Facts
Serv size: about 1 oz (30g), Servings: Varied, Amount Per Servicing:
**Calories** 130, **Total fat** 11g (17% DV), **Sat fat** 4.5g (22% DV), **Trans fat** 0g, **Monounsaturat fat** 5g, **Polyunsat fat** 1.5g, **Cholest** 25mg (9% DV), **Sodium** 430mg (18% DV), **Potassium** 85mg (2% DV), **Total carb** <1g (0% DV), **Fiber** 0g (0% DV), **Sugars** 0g, **Protein** 12g (25% DV), **Vitamin A** (2% 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
Serv size: about 1 oz (30g), Servings: Varied, Amount Per Servicing:
**Calories** 110, **Total fat** 9g (14% DV), **Sat fat** 3.5g (18% DV), **Trans fat** 0g, **Monounsaturat fat** 4g, **Polyunsat fat** 1g, **Cholest** 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.
### Serrano Ham

**Nutrition Facts**

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Serving Size</th>
<th>Servings</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>60</td>
<td></td>
</tr>
<tr>
<td>Total fat</td>
<td>5 g</td>
<td></td>
</tr>
<tr>
<td>Cholest</td>
<td>45 mg</td>
<td></td>
</tr>
<tr>
<td>Sodium</td>
<td>340 mg</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>9 g</td>
<td></td>
</tr>
</tbody>
</table>

**Ingredients:**

- Calories 90, Fat cal 45, Total fat 5g (8% DV), Sat fat 2.5g (13% DV), Monounsat fat 1.5g, Polyunsat fat 1g, Cholest 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.

### Uncured Soppressata Grande (Hot & Sweet)

**Nutrition Facts**

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Serving Size</th>
<th>Servings</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>110</td>
<td></td>
</tr>
<tr>
<td>Total fat</td>
<td>8 g</td>
<td></td>
</tr>
<tr>
<td>Cholest</td>
<td>15 mg</td>
<td></td>
</tr>
<tr>
<td>Sodium</td>
<td>420 mg</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>8 g</td>
<td></td>
</tr>
</tbody>
</table>

**Ingredients:**

- Calories 110, Fat cal 80, Total fat 8g (13% DV), Sat fat 3g (14% DV), Trans fat 0g, Monounsat fat 6g, Polyunsat fat 1.5g, Cholest 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.

### Uncured Capocollo (Hot & Sweet)

**Nutrition Facts**

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Serving Size</th>
<th>Servings</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>90</td>
<td></td>
</tr>
<tr>
<td>Total fat</td>
<td>7 g</td>
<td></td>
</tr>
<tr>
<td>Cholest</td>
<td>25 mg</td>
<td></td>
</tr>
<tr>
<td>Sodium</td>
<td>590 mg</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>7 g</td>
<td></td>
</tr>
</tbody>
</table>

**Ingredients:**

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

### Blackened Turkey Breast

**Nutrition Facts**

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Serving Size</th>
<th>Servings</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>60</td>
<td></td>
</tr>
<tr>
<td>Total fat</td>
<td>0.5 g</td>
<td></td>
</tr>
<tr>
<td>Cholest</td>
<td>30 mg</td>
<td></td>
</tr>
<tr>
<td>Sodium</td>
<td>700 mg</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>12 g</td>
<td></td>
</tr>
</tbody>
</table>

**Ingredients:**

- 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 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.

### Aloha Sunshine, Pineapple Turkey Breast

**Nutrition Facts**

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Serving Size</th>
<th>Servings</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>60</td>
<td></td>
</tr>
<tr>
<td>Total fat</td>
<td>1 g</td>
<td></td>
</tr>
<tr>
<td>Cholest</td>
<td>25 mg</td>
<td></td>
</tr>
<tr>
<td>Sodium</td>
<td>470 mg</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>12 g</td>
<td></td>
</tr>
</tbody>
</table>

**Ingredients:**

- 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 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.
## CAJUN STYLE SMOKED OVEN ROASTED TURKEY BREAST

**Nutrition Facts**
- Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:
- **Calories**: 60, **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**: 480mg (20% DV), **Potassium**: 170mg (5% DV), **Total carbohydrate**: 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.

## PITCRAFT™ SLOW SMOKED TURKEY 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**: 25mg (8% DV), **Sodium**: 460mg (19% DV), **Potassium**: 170mg (5% DV), **Total carbohydrate**: 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.

## SALSALITO® ROASTED TURKEY BREAST

**Nutrition Facts**
- Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:
- **Calories**: 60, **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**: 460mg (19% DV), **Potassium**: 170mg (5% DV), **Total carbohydrate**: 1g (0% DV), **Fiber**: 0g (0% DV), **Sugars**: 0g, **Protein**: 13g (23% DV), **Vitamin A**: 0% DV, **Vitamin C**: 0% DV, **Calcium**: 0% DV, **Iron**: 2% DV. Percent Daily Values (DV) are based on a 2,000 calorie diet.

## CRACKED PEPPER MILL™ SMOKED TURKEY 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**: 25mg (8% DV), **Sodium**: 390mg (16% DV), **Potassium**: 150mg (4% DV), **Total carbohydrate**: 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.

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

**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**: 25mg (8% DV), **Sodium**: 390mg (16% DV), **Potassium**: 150mg (4% DV), **Total carbohydrate**: 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.
<table>
<thead>
<tr>
<th>Nutrition Facts</th>
<th>Calories</th>
<th>Total fat</th>
<th>Cholest</th>
<th>Sodium</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>NO SALT ADDED OVEN ROASTED TURKEY BREAST</td>
<td>70</td>
<td>0.5</td>
<td>30</td>
<td>480</td>
<td>14</td>
</tr>
<tr>
<td>TAMANALI TURKEY BREAST</td>
<td>60</td>
<td>1</td>
<td>25</td>
<td>440</td>
<td>12</td>
</tr>
<tr>
<td>MAPLE GLAZED HONEY COAT, TURKEY BREAST</td>
<td>70</td>
<td>0.5</td>
<td>30</td>
<td>480</td>
<td>14</td>
</tr>
<tr>
<td>MESQUITE WOOD SMOKED, ROASTED TURKEY BREAST</td>
<td>60</td>
<td>1</td>
<td>25</td>
<td>440</td>
<td>12</td>
</tr>
<tr>
<td>OUR PREMIUM 46% LOWER SODIUM OVEN ROASTED TURKEY BREAST</td>
<td>60</td>
<td>1</td>
<td>20</td>
<td>360</td>
<td>12</td>
</tr>
<tr>
<td>OVENGOLD, ROASTED TURKEY BREAST</td>
<td>60</td>
<td>1</td>
<td>20</td>
<td>360</td>
<td>11</td>
</tr>
</tbody>
</table>
PASTRAMI SEASONED 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 460mg (19% DV)
- Potassium 190mg (5% DV)
- Total carb 1g (0% DV)
- Fiber 0g (0% DV)
- Sugars 0g
- Protein 13g (23% DV)
- Vitamin A (0% DV)
- Vitamin C (0% DV)
- Calcium (0% DV)
- Iron (2% DV)

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

GOLDEN ROASTED TURKEY BREAST

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

- Calories 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 15g (29% DV)
- Vitamin A (0% DV)
- Vitamin C (2% DV)
- Calcium (0% DV)
- Iron (2% DV)

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

SIMPLICITY® ALL NATURAL* ROASTED TURKEY BREAST

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

- Calories 60
- Fat cal 10, Total fat 1g (1% DV)
- Sat fat 0g (0% DV)
- Trans fat 0g
- 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 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.

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 70
- Fat cal 10, Total fat 1g (2% DV)
- Sat fat 0g (0% DV)
- Trans fat 0g
- Monounsat fat 0g
- Polyunsat fat 0g
- Cholest 30mg (10% DV)
- Sodium 480mg (20% DV)
- Potassium 160mg (4% DV)
- Total carb 1g (0% DV)
- Fiber 0g (0% DV)
- Sugars 1g
- Protein 15g (29% DV)
- Vitamin A (0% DV)
- Vitamin C (2% DV)
- Calcium (0% DV)
- Iron (2% DV)

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

*No artificial ingredients, minimally processed.
### SIMPLICITY® ALL NATURAL® LEMON SAGE TURKEY BREAST

**Nutrition Facts**

Serv size: 2 oz (56g), Servings: Varied, 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>60</td>
<td>0.5</td>
<td>25 mg</td>
<td>670 mg</td>
<td>12 g</td>
</tr>
</tbody>
</table>

**Calories** 60, **Fat cal** 25, **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® ORGANIC HERB SEASONED TURKEY BREAST

**Nutrition Facts**

Serv size: 2 oz (56g), Servings: Varied, 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>60</td>
<td>1</td>
<td>60 mg</td>
<td>490 mg</td>
<td>13 g</td>
</tr>
</tbody>
</table>

**Calories** 60, **Fat cal** 5, **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**

Serv size: 2 oz (56g), Servings: Varied, 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>60</td>
<td>0.5</td>
<td>25 mg</td>
<td>670 mg</td>
<td>12 g</td>
</tr>
</tbody>
</table>

**Calories** 60, **Fat cal** 25, **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® GRILLED ROAST BEEF

**Nutrition Facts**

Serv size: 2 oz (56g), Servings: Varied, 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>80</td>
<td>3</td>
<td>40 mg</td>
<td>140 mg</td>
<td>14 g</td>
</tr>
</tbody>
</table>

**Calories** 80, **Fat cal** 20, **Total fat** 1g (1% DV), **Sat fat** 0g (0% 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 (28% 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.

### SIMPLICITY® ALL NATURAL® UNCURED® HAM

**Nutrition Facts**

Serv size: 2 oz (56g), Servings: Varied, 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>70</td>
<td>2</td>
<td>30 mg</td>
<td>390 mg</td>
<td>11 g</td>
</tr>
</tbody>
</table>

**Calories** 70, **Fat cal** 10, **Total fat** 2g (3% DV), **Sat fat** 0.5g (3% DV), **Trans fat** 0g, **Monounsat fat** 0.5g, **Polyunsat fat** 0g, **Cholest** 30mg (11% DV), **Sodium** 390mg (16% DV), **Potassium** 170mg (5% DV), **Total carb** 1g (0% DV), **Fiber** 0g (0% DV), **Sugars** 1g, **Protein** 11g (23% DV), **Vitamin A** (0% DV), **Vitamin C** (2% DV), **Calcium** (0% DV), **Iron** (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

*No artificial ingredients, minimally processed.*
**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 (4% DV), Trans fat 0g, Monounsaturated fat 1.5g, Polyunsaturated fat 0.5g, Cholesterol 30mg (9% DV), Sodium 350mg (11% DV), Potassium 150mg (5% DV), Total carb 1g (0% DV), Fiber 0g (0% DV), Sugars 1g, Protein 7g (11% 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.

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*No artificial ingredients, minimally processed.†No Nitrates or Nitrites added except for those naturally occurring in sea salt, celery powder, cultured celery powder or cultured celery juice powder.*
**SIMPLICITY® ALL NATURAL IMPORTED SWISS CHEESE**

*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 (1% DV)**.

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**SIMPLICITY® ALL NATURAL PICANTE PROVOLONE 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)**.

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**SIMPLICITY® ORGANIC WHITE CHEDDAR 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**, **Cholest 30mg (10% DV)**, **Sodium 150mg (7% DV)**, **Potassium (0% DV)**, **Total Carb <1g (0% DV)**, **Fiber 0g (0% DV)**, **Total sugars 0g (Incl 0g added sugars, 0% DV)**, **Protein 7g (14% DV)**, **Vit D (0% DV)**, **Calcium (15% DV)**, **Iron (0% DV)**.

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**SIMPLICITY® ALL NATURAL* ORGANIC MONTEREY JACK 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 150mg (7% DV)**, **Potassium (0% DV)**, **Total Carb <1g (0% DV)**, **Fiber 0g (0% DV)**, **Total sugars 0g (Incl 0g added sugars, 0% DV)**, **Protein 7g (14% DV)**, **Vit D (6% DV)**, **Calcium (15% DV)**, **Iron (0% DV)**.
Made with Simplicity®, All Natural* Lemon Sage Turkey Breast. Standard serving is 2 oz. This sandwich contains 1.5 servings.

*No artificial ingredients, minimally processed
FOR SIMPLICITY® ALL NATURAL* MEATS:

*No artificial ingredients, minimally processed
Raised without added hormones¹, and no antibiotics ever
No Nitrates or Nitrites Added²
No preservatives
Humanely raised³

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

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

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.

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
Your favorite Boar’s Head® deli 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.
Made with Blackened Turkey Breast & 3 Pepper Colby Jack Cheese. Standard serving size for Turkey and Cheese is 2 oz and 1 oz respectively. This wrap contains 1.5 servings of turkey and 1 serving of cheese.

Made with Prosciutto di Parma. Standard serving size is 1 oz. This flat bread contains 1.5 servings.
*No artificial ingredients, minimally processed

Please note that the Heart-Check Food Certification does not apply to recipes, unless expressly stated. For more information, see the American Heart Association® nutrition guidelines at: heartcheckmark.org/guidelines.
**BOLD BLACKENED TURKEY CAESAR WRAP**

**SERVINGS:** 1

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

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

**DELI SOURCE**

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

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**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.

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

Made with Pepperhouse Gourmaise. Standard serving size is 2 oz. This dish contains 1.5 servings.
**OVENGOLD® TURKEY SLAW SLIDERS**

**SERVINGS: 4**

**INGREDIENTS:**
- 3 each Pretzel or round roll, small & sliced in half lengthwise
- 3 tablespoons Boar’s Head Bold, Fiery Chipotle Gourmaise, Spread
- 3 tablespoons Coleslaw, prepared
- 3 slices Boar’s Head Muenster Cheese
- 6 slices Boar’s Head 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.

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**PEPPERHOUSE GOURMAISE® DIP**

**SERVINGS: 4**

**INGREDIENTS:**
- 1 Bottle Boar’s Head, Pepperhouse Gourmaise, Spread
- Mini carrots
- Cucumber
- Red pepper
- Radishes
- 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.

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**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.

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

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

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.

DELIVERY 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.

DELIVERY SOURCE

Don’t skip out on breakfast. Eating in the morning is proven to make you more energized and focused throughout the day. Try adding Boar’s Head meats to your morning meal for extra protein.
Made with Ovengold® Turkey Breast.
Standard serving size is 2 oz.
This wrap is made with 1.5 servings.

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

Please note that the Heart-Check Food Certification does not apply to recipes, unless expressly stated.
For more information, see the American Heart Association® nutrition guidelines at: heartcheckmark.org/guidelines.
OVENGOLD® TURKEY SWEET & SPICY CURRY PITA

SERVINGS: 4

INGREDIENTS:
- 1¼ teaspoons Curry powder
- 1 cup Dried cranberries
- ½ teaspoon Sugar
- ½ cup Plain low-fat Greek yogurt
- ½ pound Boar’s Head® 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, flavors or caramel color, MSG added, fillers or by-products, or trans fat†.

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

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

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

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9/2021

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