Made with Ovengold Turkey Breast & Sharp Wisconsin Cheddar Cheese
Standard serving size for turkey and cheese are 2 oz and 1 oz, respectively. This sandwich contains 1.5 servings of turkey and 1 serving of cheese.
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    *No artificial ingredients, minimally processed.
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*Information in this brochure is subject to change without notice.*

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*No artificial ingredients, minimally processed.*
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
- Maple Glazed Honey Coat® Turkey Breast - 32% Lower Sodium
- Mesquite Wood Smoked® Turkey Breast
- 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
- Pastrami Seasoned Turkey Breast

CHICKEN
- All American BBQ Chicken Breast
- Blazing Buffalo® Style Chicken Breast
- EverRoast® Chicken Breast - 42% Lower Sodium
- Golden Classic® Chicken Breast - 46% Lower Sodium - Skinless - 46% Lower Sodium - Skin-On
- Lemon Pepper® Chicken Breast
- Maple Glazed Chicken Breast
- Rotisserie Seasoned Chicken Breast

BACON
- Canadian 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>Meats</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>- 42% Lower Sodium</td>
<td></td>
<td></td>
</tr>
<tr>
<td>SmokeMaster Beechwood Smoked, Black Forest Ham - With Natural Juices</td>
<td>460mg</td>
<td>19%</td>
</tr>
<tr>
<td>- 31% Lower Sodium</td>
<td></td>
<td></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>- 46% Lower Sodium - Skinless</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- 46% Lower Sodium - Skin-On</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ovengold, Roasted Turkey Breast</td>
<td>360mg</td>
<td>15%</td>
</tr>
<tr>
<td>- 46% Lower Sodium</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hickory Smoked Black Forest Turkey Breast</td>
<td>390mg</td>
<td>16%</td>
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<tr>
<td>- 40% Lower Sodium</td>
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</tr>
<tr>
<td>Deluxe Low Sodium Oven Roasted Beef</td>
<td>80mg</td>
<td>3%</td>
</tr>
<tr>
<td>- Cap Off Top Round</td>
<td></td>
<td></td>
</tr>
<tr>
<td>No Salt Added Oven Roasted Turkey Breast</td>
<td>55mg</td>
<td>2%</td>
</tr>
<tr>
<td>No Salt Added Roast Beef</td>
<td>40mg</td>
<td>2%</td>
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<tr>
<td>Mesquite Wood Smoked, Roasted Turkey Breast</td>
<td>440mg</td>
<td>18%</td>
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<td>- 32% Lower Sodium</td>
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</tr>
<tr>
<td>Golden Catering Style Turkey Breast</td>
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<td>16%</td>
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<tr>
<td>- 43% Lower Sodium</td>
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<td></td>
</tr>
<tr>
<td>Golden Classic, Chicken Breast</td>
<td>350mg</td>
<td>15%</td>
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<tr>
<td>- 42% Lower Sodium</td>
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### Premium Delicatessen Cheeses • 1 oz (28g) Serving

<table>
<thead>
<tr>
<th>Cheeses</th>
<th>Sodium</th>
<th>% DV</th>
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<tbody>
<tr>
<td>44% Lower Sodium Provolone Cheese</td>
<td>140mg</td>
<td>6%</td>
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<tr>
<td>Lacey Swiss Cheese</td>
<td>35mg</td>
<td>1%</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>32%</td>
</tr>
<tr>
<td>33% Lower Fat - 36% Lower Sodium American Cheese</td>
<td>300mg</td>
<td>12%</td>
</tr>
<tr>
<td>- Reduced Fat Pasteurized Process American Cheese</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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1. 31% less sodium than the USDA data for extra lean roasted ham.
2. Naturally low in sodium.
3. Not a sodium-free food.
4. 46% lower sodium than USDA data for deli cut white rotisserie turkey.
5. 43% lower sodium than USDA data for deli cut white rotisserie turkey.
6. 33% lower sodium than USDA data for bologna.
7. 42% lower sodium than USDA data for regular boneless roasted ham.
8. Sodium 75mg per serving.
9. 40% lower sodium than USDA data for smoked turkey with lemon pepper flavor.
10. 32% lower sodium than USDA data for smoked turkey with lemon pepper flavor.
11. 42% lower sodium than USDA data for oven roasted deli sliced chicken breast.
12. 44% lower sodium than USDA data for regular provolone cheese.
13. 36% less sodium 33% less fat than the USDA data for pasteurized process American cheese.

DV=Daily Value
CAJUN STYLE OVEN ROASTED BEEF - CAP-OFF TOP ROUND

Nutrition Facts
Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:
Calories 80, Fat cal 30, Total fat 3g (5% DV), Sat fat 1g (6% DV), Trans fat 0g, Monounsat fat 1.5g, Polyunsat fat 0g, Cholest 35mg (11% DV), Sodium 410mg (17% DV), Potassium 180mg (5% DV), Total carb 0g (0% DV), Fiber 0g (0% DV), Sugars 0g, Protein 15g (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.

DELUXE LOW SODIUM ROAST BEEF - CAP-OFF TOP ROUND

Nutrition Facts
Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:
Calories 90, Fat cal 35, Total fat 3g (5% DV), Sat fat 1g (6% DV), Trans fat 0g, Monounsat fat 1.5g, Polyunsat fat 0g, Cholest 35mg (12% DV), Sodium 80mg (3% DV), Potassium 180mg (5% DV), Total carb 0g (<1% DV), Fiber 0g (0% DV), Sugars 0g, Protein 15g (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.

ITALIAN STYLE ROAST BEEF

Nutrition Facts
Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:
Calories 80, Fat cal 35, Total fat 3g (5% DV), Sat fat 1g (6% DV), Trans fat 0g, Monounsat fat 1.5g, Polyunsat fat 0g, Cholest 35mg (12% DV), Sodium 370mg (11% DV), Potassium 180mg (5% DV), Total carb 0g (0% DV), Fiber 0g (0% DV), Sugars 0g, Protein 15g (25% 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.

SEASONED FILET OF ROAST BEEF - CAP-OFF TOP ROUND

Nutrition Facts
Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:
Calories 80, Fat cal 35, 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), Potassium 0mg (0% DV), Total carb 0g (0% DV), Fiber 0g (0% DV), Sugars 0g, Protein 14g (28% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (10% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

CORNED BEEF TOP ROUND - CAP-OFF

Nutrition Facts
Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:
Calories 80, Fat cal 40, 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.
## Nutrition Facts

### First Cut Corned Beef Brisket

- **Serv size:** 2 oz (56g), Servings: Varied, Amount Per Serving:  
  - Calories: 80, Total fat: 4g (6% DV), Sat fat: 1.5g (7% DV), Trans fat: 0g, Monounsat fat: 2g, Polyunsat fat: 0g, Cholest: 40mg (14% 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

- **Serv size:** 2 oz (56g), Servings: Varied, Amount Per Serving:  
  - Calories: 80, 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

- **Serv size:** 2 oz (56g), Servings: Varied, Amount Per Serving:  
  - Calories: 90, 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: 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

- **Serv size:** 2 oz (56g), Servings: Varied, Amount Per Serving:  
  - Calories: 90, Total fat: 3.5g (5% DV), Sat fat: 1g (5% DV), Trans fat: 0g, Monounsat fat: 1g, 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: 2g, 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

- **Serv size:** 2 oz (56g), Servings: Varied, Amount Per Serving:  
  - Calories: 80, 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: 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.
### London Broil Roast Beef - Cap-Off Top Round

**Nutrition Facts**

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<thead>
<tr>
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<th>Fat</th>
<th>Calories</th>
<th>Fat</th>
<th>Calories</th>
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<th>Calories</th>
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<th>Calories</th>
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</thead>
<tbody>
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<td>25</td>
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<td>310</td>
<td>12</td>
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</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, Monounsaturated fat 1.5g, Polyunsaturated fat 0g, **Cholesterol**: 25mg (8% DV), **Sodium**: 310mg (13% DV), **Total Carbohydrate**: 0g (0% DV), **Fiber**: 0g (0% DV), **Sugar**: 0g, **Protein**: 12g (24% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

### 33% Lower Sodium Bologna

**Nutrition Facts**

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<th>Calories</th>
<th>Fat</th>
<th>Calories</th>
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</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, Monounsaturated fat 6g, Polyunsaturated fat 1.5g, **Cholesterol**: 30mg (10% DV), **Sodium**: 360mg (15% DV), **Total Carbohydrate**: 0g (0% DV), **Fiber**: 0g (0% DV), **Sugar**: 0g, **Protein**: 8g (15% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

### Beef Bologna

**Nutrition Facts**

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<th>Calories</th>
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<th>Calories</th>
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Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:

- **Calories**: 150, Fat cal 120, Total fat 13g (21% DV), Sat fat 4.5g (19% DV), Monounsaturated fat 5g, Polyunsaturated fat 0g, **Cholesterol**: 35mg (11% DV), **Sodium**: 520mg (22% DV), **Potassium**: 115mg (3% DV), **Total Carbohydrate**: 0g (0% DV), **Fiber**: 0g (0% DV), **Sugar**: 0g, **Protein**: 7g (14% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

### Garlic Bologna

**Nutrition Facts**

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<th>Fat</th>
<th>Calories</th>
<th>Fat</th>
<th>Calories</th>
<th>Fat</th>
<th>Calories</th>
<th>Fat</th>
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</thead>
<tbody>
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<td>7</td>
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</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, Monounsaturated fat 6g, Polyunsaturated fat 1g, **Cholesterol**: 35mg (11% DV), **Sodium**: 530mg (22% DV), **Potassium**: 110mg (3% DV), **Total Carbohydrate**: 1g (0% DV), Fiber 0g (0% DV), **Sugar**: 1g, **Protein**: 7g (14% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

### Bologna - Pork & Beef

**Nutrition Facts**

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<th>Calories</th>
<th>Fat</th>
<th>Calories</th>
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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, Monounsaturated fat 6g, Polyunsaturated fat 1g, **Cholesterol**: 35mg (11% DV), **Sodium**: 530mg (22% DV), **Total Carbohydrate**: 1g (0% DV), **Fiber**: 0g (0% DV), **Sugar**: 1g, **Protein**: 7g (14% 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:
**Bohne, Würste & Brote**

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

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

**Braunschweiger Liverwurst - LITE**

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

**Olive Terrine Loaf**

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

**Pickle & Pepper Terrine Loaf**

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

**Beef Salami**

**Nutrition Facts**
Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:
**Nutrition Facts**
Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:
Nutrition Facts
Servings: Varied, Serv size: 1 oz (28g), Amount Per Serving:
Calories 110, Total fat 9g (11% DV), Sat fat 6g (26% DV), Trans fat 0g, Cholest 25mg (8% 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).

HORSERADISH CHEDDAR CHEESE

Nutrition Facts
Servings: Varied, Serv size: 1 oz (28g), Amount Per Serving:
Calories 100, Total fat 8g (12% DV), Sat fat 5g (27% DV), Trans fat 0g, Cholest 20mg (7% DV), Sodium 240mg (10% DV), Total Carb <1g (0% DV), Fiber 0g (0% DV), Total sugars 0g (Incl 0g added sugars, 0% DV), Protein 6g (13% DV), Vit D (0% DV), Calcium (15% DV), Iron (0% DV), Potas (0% DV).

CHIPOTLE GOUDA CHEESE

Nutrition Facts
Servings: Varied, Serv size: 1 oz (28g), Amount Per Serving:
Calories 100, Total fat 8g (12% DV), Sat fat 5g (27% DV), Trans fat 0g, Cholest 20mg (7% DV), Sodium 240mg (10% DV), Total Carb <1g (0% DV), Fiber 0g (0% DV), Total sugars 0g (Incl 0g added sugars, 0% DV), Protein 6g (13% DV), Vit D (0% DV), Calcium (15% DV), Iron (0% DV), Potas (0% DV).

MARBLEU, MARBELED BLUE MONTEREY JACK 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 25mg (8% DV), Sodium 160mg (7% 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).
**Nutrition Facts**

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

**Calories 90**, **Total fat 6g (8% DV)**, **Sat fat 3.5g (18% DV)**, **Trans fat 0g**, **Cholest 25mg (8% 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)**.

**Calories 110**, **Total fat 10g (15% DV)**, **Sat fat 6g (32% DV)**, **Trans fat 0g**, **Cholest 30mg (10% DV)**, **Sodium 180mg (7% 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)**.

**Calories 110**, **Total fat 9g (14% DV)**, **Sat fat 6g (31% DV)**, **Trans fat 0g**, **Cholest 20mg (7% DV)**, **Sodium 220mg (10% DV)**, **Total carb 0g (0% DV)**, **Fiber 0g (0% DV)**, **Total Sugars 0g (Incl 0g added sugars, 0% DV)**, **Protein 6g (12% DV)**, **Vitamin D (0% DV)**, **Calcium (15% DV)**, **Iron (0% DV)**, **Potas (0% DV)**.

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

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

<table>
<thead>
<tr>
<th>Food</th>
<th>Calories</th>
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<th>Cholesterol</th>
<th>Sodium</th>
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<tr>
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### 33% Lower Fat & 36% Lower Sodium American Cheese
**Pasteurized Process American Cheese (Yellow & White)**

<table>
<thead>
<tr>
<th>Nutrition Facts</th>
<th>Calories</th>
<th>Total Fat</th>
<th>Cholesterol</th>
<th>Sodium</th>
<th>Protein</th>
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<td>Calories</td>
<td>110</td>
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<tr>
<td>Calories</td>
<td>110</td>
<td>10</td>
<td>30</td>
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### Hickory Smoked Gruyere Cheese, Product of Germany
**Pasteurized Process Gruyere Cheese**

<table>
<thead>
<tr>
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<th>Cholesterol</th>
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</thead>
<tbody>
<tr>
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<td>Calories</td>
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<td>8</td>
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<tr>
<td>Calories</td>
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### Fontina Cheese

<table>
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<th>Protein</th>
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### Low Sodium Muenster Cheese

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</table>
CHEESE | NUTRITION FACTS

44% LOWER SODIUM PROVOLONE CHEESE

Nutrition Facts
Servings: Varied, Serv size: 1 oz (28g), Amount Per Serving:
Calories 100, Total fat 7g (11% 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 (20% DV), Iron (0% DV), Potas (0% DV).

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 20mg (7% 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 (6% DV), Sodium 60mg (6% DV), Total Carb <1g (0% DV), Fiber 0g (0% DV), Total sugars 0g (Incl 0g added sugars, 0% DV), Protein 9g (15% 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 110, Total fat 9g (13% DV), Sat fat 6g (28% DV), Trans fat 0g, Cholest 20mg (7% DV), Sodium 150mg (7% DV), Total Carb <1g (0% DV), Fiber 0g (0% DV), Total sugars 0g (Incl 0g added sugars, 0% DV), Protein 7g (14% DV), Vit D (0% DV), Calcium (20% DV), Iron (0% DV), Potas (0% DV).
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 25mg (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).

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).

Nutrition Facts
Servings: Varied, Serv size: 1 oz (28g), Amount Per Serving:
Calories 90, Total fat 7g (9% DV), Sat fat 4.5g (22% DV), Trans fat 0g, Cholest 20mg (7% DV), Sodium 150mg (7% DV), Total Carb <1g (0% DV), Fiber 0g (0% DV), Total sugars 0g (Incl 0g added sugars, 0% DV), Protein 6g (13% DV), Vit D (0% DV), Calcium (10% DV), Iron (0% DV), Potas (0% DV).

Nutrition Facts
Servings: Varied, Serv size: 1 oz (28g), Amount Per Serving:
Calories 100, Total fat 8g (11% DV), Sat fat 5g (26% DV), Trans fat 0g, Cholest 25mg (9% DV), Sodium 190mg (8% DV), Total Carb 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).

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).
### 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).
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.
CHICKEN | NUTRITION FACTS

ALL AMERICAN BBQ CHICKEN BREAST

Nutrition Facts
Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:
Calories 70, Fat cal 10, Total fat 1g (2% DV), Sat fat 0g (0% DV), Trans fat 0g, Monounsat fat 0g, Polyunsat fat 0g, Cholest 35mg (12% DV), Sodium 370mg (15% DV), Potassium 160mg (5% DV), Total carb 2g (1% DV), Fiber 0g (0% DV), Sugars 2g, Protein 13g (26% DV), Vitamin A (0% DV), Vitamin C (2% DV), Calcium (0% DV), Iron (4% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

BLAZING BUFFALO, STYLE
OVEN ROASTED CHICKEN BREAST

Nutrition Facts
Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:
Calories 60, Fat cal 10, Total fat 1g (2% DV), Sat fat 0g (0% DV), Trans fat 0g, Monounsat fat 0g, Polyunsat fat 0g, Cholest 35mg (12% DV), Sodium 460mg (19% DV), Potassium 210mg (6% DV), Total carb 0g (0% DV), Fiber 0g (0% DV), Sugars 0g, Protein 13g (26% DV), Vitamin A (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, Fat cal 15, Total fat 1.5g (2% DV), Sat fat 0g (0% DV), Trans fat 0g, Monounsat fat 0.5g, Polyunsat fat 0g, Cholest 40mg (13% DV), Sodium 420mg (18% DV), Potassium 180mg (5% DV), Total carb 1g (0% DV), Fiber 0g (0% DV), Sugars 0g, Protein 13g (26% DV), Vitamin A (0% DV), Vitamin C (2% DV), Calcium (0% DV), Iron (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

JERK OVEN ROASTED CHICKEN BREAST

Nutrition Facts
Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:
Calories 60, Fat cal 10, Total fat 1.5g (2% DV), Sat fat 0g (0% DV), Trans fat 0g, Monounsat fat 0.5g, Polyunsat fat 0g, Cholest 40mg (13% DV), Sodium 460mg (19% DV), Potassium 180mg (5% DV), Total carb 1g (0% DV), Fiber 0g (0% DV), Sugars 0g, Protein 11g (22% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (2% DV), Iron (4% 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, 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 440mg (18% DV), Potassium 160mg (5% DV), Total carb <1g (0% DV), Fiber 0g (0% DV), Sugars 1g, Protein 12g (24% 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:

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**LEMON PEPPER® OVEN ROASTED CHICKEN BREAST**

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

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**MAPLE GLAZED OVEN ROASTED CHICKEN BREAST**

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

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**ROTISSERIE SEASONED OVEN ROASTED CHICKEN BREAST**

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

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**GOLDEN CLASSIC®, 42% LOWER SODIUM CHICKEN BREAST**

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

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</tbody>
</table>

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, 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 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
Standard serving is 2 oz.
This salad contains 1.5 servings.
<table>
<thead>
<tr>
<th>Product</th>
<th>Nutrition Facts</th>
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<tbody>
<tr>
<td><strong>HAM</strong></td>
<td><strong>Nutrition Facts</strong></td>
</tr>
<tr>
<td>GOURMET PEPPER BRAND HAM - WATER ADDED</td>
<td>Calories 60, Fat cal 10, Total fat 1g (2% DV), Sat fat 0g (0% DV), Trans fat 0g, Monounsaturated fat 0.5g, Polyunsaturated fat 0g, Cholesterol 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.</td>
</tr>
<tr>
<td>MAPLE GLAZED HONEY COAT. HAM - WATER ADDED</td>
<td>Calories 60, Fat cal 10, Total fat 1g (2% DV), Sat fat 0g (0% DV), Trans fat 0g, Monounsaturated fat 0.5g, Polyunsaturated fat 0g, Cholesterol 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.</td>
</tr>
<tr>
<td>PESTO PARMESAN OVEN ROASTED THAM</td>
<td>Calories 70, Fat cal 20, Total fat 2.5g (3% DV), Sat fat 1g (4% DV), Trans fat 0g, Monounsaturated fat 1g, Polyunsaturated fat 0g, Cholesterol 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.</td>
</tr>
<tr>
<td>ROSEMARY &amp; SUNDRIED TOMATO HAM - WITH NATURAL JUICES</td>
<td>Calories 70, Fat cal 20, Total fat 2.5g (4% DV), Sat fat 1g (4% DV), Trans fat 0g, Monounsaturated fat 1.5g, Polyunsaturated fat 0g, Cholesterol 10mg (3% DV), Sodium 500mg (21% DV), Potassium 170mg (5% 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.</td>
</tr>
<tr>
<td>SMOKED VIRGINIA HAM - WATER ADDED</td>
<td>Calories 60, Fat cal 10, Total fat 1g (2% DV), Sat fat 0g (0% DV), Trans fat 0g, Monounsaturated fat 0.5g, Polyunsaturated fat 0g, Cholesterol 25mg (8% DV), Sodium 550mg (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.</td>
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</tbody>
</table>
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 (19% DV), Potassium 160mg (5% DV), Total carb 2g (1% DV), Fiber 0g (0% DV), Sugars 2g, Protein 10g (2% 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 2, 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 (2% DV), Vitamin A (0% DV), Vitamin C (20% DV), Calcium (0% DV), Iron (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

BRANDED DELUXE HAM - WATER ADDED

Nutrition Facts
Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:
Calories 60, Fat cal 1, 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 1, 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 590mg (25% DV), Potassium 125mg (4% DV), Total carb 3g (1% DV), Fiber 0g (0% DV), Sugars 2g, Protein 10g (2% 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 1.5, Total fat 1.5g (3% DV), Sat fat 0.5g (3% DV), Trans fat 0g, Monounsat fat 0g, 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.
HAM | NUTRITION FACTS

**Nutrition Facts**
Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:
- **Calories**: 60
- **Total fat**: 2.5g
- **Cholest**: 20mg
- **Sodium**: 520mg
- **Protein**: 10g

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

**Boar’s Head, Sweet Slice, Smoked Uncured Ham** - Contains 7% Seasoning Solution

**Nutrition Facts**
Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:
- **Calories**: 60
- **Total fat**: 1.5g
- **Cholest**: 30mg
- **Sodium**: 540mg
- **Protein**: 10g

*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**: 70
- **Total fat**: 2.5g
- **Cholest**: 30mg
- **Sodium**: 400mg
- **Protein**: 10g

*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**: 70
- **Total fat**: 2g
- **Cholest**: 25mg
- **Sodium**: 590mg
- **Protein**: 10g

*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**: 90
- **Total fat**: 7g
- **Cholest**: 25mg
- **Sodium**: 590mg
- **Protein**: 7g

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

**Uncured Capocollo (Hot & Sweet)**

**Nutrition Facts**
Serv size: 1 oz (28g), Servings: Varied, Amount Per Serving:
- **Calories**: 90
- **Total fat**: 2.5g
- **Cholest**: 25mg
- **Sodium**: 590mg
- **Protein**: 7g

*Percent Daily Values (DV) are based on a 2,000 calorie diet.*
ITALIAN & OTHER DELICACIES

Nutrition Facts
Serv size: 1 oz (28g), Servings: Varied, Amount Per Serving:
Calories 110, Fat cal 80, Total fat 8g (13% DV), Sat fat 3.5g (16% DV), Trans fat 0g, Cholest 25mg (9% DV), Sodium 470mg (19% DV), Total carb 1g (0% DV), Fiber 0g (0% DV), Sugars 0g, Protein 7g (14% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (2% DV), Iron (4% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

Nutrition Facts
Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:
Calories 160, Fat cal 120, Total fat 14g (21% DV), Sat fat 5g (25% DV), Trans fat 0g, Monounsat fat 3g, Polyunsat fat 1g, Cholest 30mg (11% DV), Sodium 560mg (23% DV), Total carb 0g (0% DV), Fiber 0g (0% DV), Sugars 0g, Protein 9g (18% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (4% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

Nutrition Facts
Serv size: 0.5 oz (14g), Servings: Varied, Amount Per Serving:
Calories 50, Fat cal 40, Total fat 4.5g (7% DV), Sat fat 2g (11% DV), Trans fat 0g, 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.
**Italian & Other Delicacies**

**Nutrition Facts**

**Sandwich Style Pepperoni**

- **Serv size**: 1 oz (28g), **Servings**: Varied
- **Amount Per Serving**:
  - **Calories**: 90, **Fat cal**: 60, **Total fat**: 6g (10% DV), **Sat fat**: 2.5g (13% DV), **Trans fat**: 0g, **Total carb**: 1g (0% DV), **Sugars**: 1g, **Protein**: 8g (15% DV)
  - **Cholest**: 20mg (7% DV), **Sodium**: 300mg (12% DV), **Potassium**: 50mg (2% 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.**

**Chorizo Serrano**

- **Serv size**: 1 oz (28g), **Servings**: Varied
- **Amount Per Serving**:
  - **Calories**: 90, **Fat cal**: 60, **Total fat**: 6g (10% DV), **Sat fat**: 2.5g (13% DV), **Trans fat**: 0g, **Total carb**: 1g (0% DV), **Sugars**: 1g, **Protein**: 8g (15% DV)
  - **Cholest**: 20mg (7% DV), **Sodium**: 870mg (36% DV), **Potassium**: 220mg (6% DV), **Vitamin A**: (0% DV), **Vitamin C**: (0% DV), **Calcium**: (0% DV), **Iron**: (4% DV)

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

**Genoa Salami**

- **Serv size**: 2 oz (56g), **Servings**: Varied
- **Amount Per Serving**:
  - **Calories**: 190, **Fat cal**: 130, **Total fat**: 15g (23% DV), **Sat fat**: 5g (24% DV), **Trans fat**: 0g, **Total carb**: 1g (0% DV), **Sugars**: 0g, **Protein**: 12g (25% DV)
  - **Cholest**: 50mg (17% DV), **Sodium**: 870mg (36% DV), **Potassium**: 85mg (2% 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.**

**Hard Salami**

- **Serv size**: 1 oz (28g), **Servings**: Varied
- **Amount Per Serving**:
  - **Calories**: 110, **Fat cal**: 80, **Total fat**: 9g (14% DV), **Sat fat**: 3.5g (18% DV), **Trans fat**: 0g, **Total carb**: 1g (0% DV), **Sugars**: 0g, **Protein**: 8g (12% DV)
  - **Cholest**: 30mg (10% DV), **Sodium**: 430mg (18% DV), **Potassium**: 100mg (3% DV), **Calcium**: (0% DV), **Iron**: (2% DV)

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

**Serrano Ham**

- **Serv size**: 1 oz (28g), **Servings**: Varied
- **Amount Per Serving**:
  - **Calories**: 60, **Fat cal**: 45, **Total fat**: 5g (8% DV), **Sat fat**: 2.5g (13% DV), **Trans fat**: 0g, **Total carb**: 1g (0% DV), **Sugars**: 0g, **Protein**: 9g (18% DV)
  - **Cholest**: 45mg (15% DV), **Sodium**: 340mg (14% DV), **Potassium**: 30mg (1% 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
Serv size: 1 oz (28g), Servings: Varied, Amount Per Serving:
Calories 110, Fat cal 80, Total fat 8g (13% DV), Sat fat 3g (14% DV), Trans fat 0g, Monounsat fat 3g, Polyunsat fat 1g, 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.

Nutrition Facts
Serv size: 1 oz (28g), Servings: Varied, Amount Per Serving:
Calories 90, Fat cal 60, Total fat 7g (11% DV), Sat fat 2.5g (14% DV), Trans fat 0g, Monounsat fat 3g, Polyunsat fat 1g, Cholest 25mg (9% DV), Sodium 590mg (25% DV), Potassium 110mg (3% DV), Total carb 0g (0% DV), Fiber 0g (0% DV), Sugars 0g, 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.

Nutrition Facts
Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:
Calories 60, Fat cal 30, Total fat 8g (13% DV), Sat fat 3g (14% DV), Trans fat 0g, Monounsat fat 0g, Polyunsat fat 0g, 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.

Nutrition Facts
Serv size: 1 oz (28g), Servings: Varied, Amount Per Serving:
Calories 90, Fat cal 60, Total fat 7g (11% DV), Sat fat 2.5g (14% DV), Trans fat 0g, Monounsat fat 3g, Polyunsat fat 1g, Cholest 25mg (9% DV), Sodium 590mg (25% DV), Potassium 110mg (3% DV), Total carb 0g (0% DV), Fiber 0g (0% DV), Sugars 0g, 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.

Nutrition Facts
Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:
Calories 60, Fat cal 30, Total fat 8g (13% DV), Sat fat 3g (14% DV), Trans fat 0g, Monounsat fat 0g, Polyunsat fat 0g, 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.
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<th>Nutrition Facts</th>
<th>Calories</th>
<th>Total fat</th>
<th>Cholest</th>
<th>Sodium</th>
<th>Protein</th>
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<tr>
<td><strong>SALSALITO. ROASTED TURKEY BREAST</strong></td>
<td>60</td>
<td>0.5</td>
<td>25</td>
<td>480</td>
<td>13</td>
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<tr>
<td><strong>CRACKED PEPPER MILL. SMOKED TURKEY BREAST</strong></td>
<td>60</td>
<td>1</td>
<td>30</td>
<td>460</td>
<td>13</td>
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<tr>
<td><strong>HICKORY SMOKED BLACK FOREST TURKEY BREAST - 40% LOWER SODIUM</strong></td>
<td>60</td>
<td>1</td>
<td>25</td>
<td>390</td>
<td>13</td>
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<tr>
<td><strong>HONEY SMOKED TURKEY BREAST</strong></td>
<td>70</td>
<td>1</td>
<td>25</td>
<td>480</td>
<td>13</td>
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<tr>
<td><strong>MAPLE GLAZED HONEY COAT. TURKEY BREAST</strong></td>
<td>70</td>
<td>0.5</td>
<td>30</td>
<td>480</td>
<td>14</td>
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Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:

**SALSALITO. ROASTED TURKEY BREAST**

**Nutrition Facts**
- Calories 60, Fat cal 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 (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**
- Calories 60, Fat cal 1g (2% DV), Sat fat 0g (0% DV), Trans fat 0g, Monounsaturated fat 0g, Polyunsaturated fat 0g, Cholesterol 30mg (10% 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.

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

**Nutrition Facts**
- Calories 60, Fat cal 1g (2% DV), Sat fat 0g (0% DV), Trans fat 0g, Monounsaturated fat 0g, Polyunsaturated fat 0g, Cholesterol 30mg (10% 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.

**HONEY SMOKED TURKEY BREAST**

**Nutrition Facts**
- Calories 70, Fat cal 1g (2% DV), Sat fat 0g (0% DV), Trans fat 0g, Monounsaturated fat 0g, Polyunsaturated fat 0g, Cholesterol 25mg (8% DV), Sodium 480mg (20% DV), Potassium 190mg (5% DV), Total Carbohydrate 2g (1% 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.

**MAPLE GLAZED HONEY COAT. TURKEY BREAST**

**Nutrition Facts**
- Calories 70, Fat cal 0.5g (1% DV), Sat fat 0g (0% DV), Trans fat 0g, Monounsaturated fat 0g, Polyunsaturated fat 0g, Cholesterol 30mg (10% DV), Sodium 480mg (20% DV), Potassium 180mg (5% DV), Total Carbohydrate 2g (1% DV), Fiber 0g (0% DV), Sugars 2g, Protein 14g (28% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.
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, 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 (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, Total fat 1g (2% DV), Sat fat 0g (0% DV), Trans fat 0g, Monounsaturated fat 0g, Polyunsaturated fat 0g, Cholesterol 30mg (8% DV), Sodium 380mg (16% DV), Potassium 170mg (5% DV), Total Carbohydrate 0g (0% DV), Fiber 0g (0% DV), Sugars 0g, Protein 13g (26% 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, Total fat 1g (2% DV), Sat fat 0g (0% DV), Trans fat 0g, Monounsaturated fat 0g, Polyunsaturated fat 0g, Cholesterol 30mg (9% DV), Sodium 440mg (18% DV), Potassium 170mg (5% DV), Total Carbohydrate 0g (0% DV), Fiber 0g (0% DV), Sugars 1g, Protein 14g (27% 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* SMOKED TURKEY BREAST

**Nutrition Facts**
Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:
- Calories 70, Total fat 1g (2% DV), Sat fat 0g (0% DV), Trans fat 0g, Monounsaturated fat 0g, Polyunsaturated fat 0g, Cholesterol 30mg (9% DV), Sodium 460mg (19% DV), Potassium 170mg (5% DV), Total Carbohydrate 0g (0% DV), Fiber 0g (0% DV), Sugars 1g, Protein 15g (29% 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, 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 670mg (28% DV), Potassium 170mg (5% DV), Total Carbohydrate 0g (0% 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* LEMON SAGE 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 670mg (28% DV), Potassium 170mg (5% DV), Total Carbohydrate 0g (0% 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.

*No artificial ingredients, minimally processed.*
**SIMPLICITY® ALL NATURAL® NUTRITION FACTS**

**SIMPLICITY® ALL NATURAL® JAMAICAN STYLE TURKEY BREAST**

**Nutrition Facts**
Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:
- Calories 70, Fat cal 1% DV, Total fat 0.5g (1% DV), Sat fat 0g (0% DV), Trans fat 0g, Monounsaturated fat 0g, Polyunsaturated fat 0g, Cholesterol 20mg (7% DV), Sodium 550mg (23% DV), Potassium 120mg (3% DV), Total Carbohydrate 2g (1% DV), Fiber 0g (0% DV), Sugars 0g, 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 TURKEY BREAST**

**Nutrition Facts**
Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:
- Calories 70, Fat cal 4.5%, Total fat 3g (4% DV), Sat fat 1g (5% DV), Trans fat 0g, Monounsaturated fat 1g, Polyunsaturated fat 0g, Cholesterol 40mg (13% DV), Sodium 140mg (6% DV), Potassium 200mg (6% DV), Total Carbohydrate 2g (1% 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® ORGANIC HERB SEASONED TURKEY BREAST**

**Nutrition Facts**
Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:
- Calories 60, Fat cal 1% DV, Total fat 0.5g (1% DV), Sat fat 0g (0% DV), Trans fat 0g, Monounsaturated fat 0g, Polyunsaturated fat 0g, Cholesterol 60mg (20% DV), Sodium 490mg (20% DV), Potassium 180mg (5% DV), Total Carbohydrate 1g (0% DV), Fiber 0g (0% 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:
- Calories 80, Fat cal 3%, Total fat 4g (7% DV), Sat fat 1.5g (9% DV), Trans fat 0g, Monounsaturated fat 2g, Polyunsaturated fat 0g, Cholesterol 35mg (12% DV), Sodium 190mg (8% DV), Potassium 170mg (5% DV), Total Carbohydrate 1g (0% DV), Fiber 0g (0% 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.

**SIMPLICITY® ALL NATURAL® GRILLED ROAST BEEF**

**Nutrition Facts**
Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:
- Calories 100, Fat cal 4.5%, Total fat 4.5g (7% DV), Sat fat 1.5g (9% DV), Trans fat 0g, Monounsaturated fat 2g, Polyunsaturated fat 0g, Cholesterol 35mg (12% DV), Sodium 190mg (8% DV), Potassium 170mg (5% DV), Total Carbohydrate 1g (0% DV), Fiber 0g (0% 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.*
SIMPLICITY® ALL NATURAL® NUTRITION FACTS

SIMPLICITY® ALL NATURAL® UNCURED® HAM

Nutrition Facts
Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:
Calories 70, Fat cal 26, Total fat 2g (3% DV), Sat fat 0.5g (3% DV), Trans fat 0g, Monounsaturated fat 0g, Polyunsaturated fat 0g, Cholesterol 30mg (11% DV), Sodium 390mg (16% DV), Potassium 170mg (5% DV), Total carbohydrate 0g (0% DV), Fiber 0g (0% DV), Sugars 0g, Protein 12g (22% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

SIMPLICITY® ALL NATURAL® APPLEWOOD SMOKED UNCURED® HAM

Nutrition Facts
Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:
Calories 70, Fat cal 26, Total fat 2g (3% DV), Sat fat 0.5g (4% DV), Trans fat 0g, Monounsaturated fat 1g, Polyunsaturated fat 0g, Cholesterol 35mg (11% DV), Sodium 440mg (18% DV), Potassium 190mg (5% DV), Total carbohydrate 1g (0% DV), Fiber 0g (0% DV), Sugars 1g, Protein 12g (22% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

SIMPLICITY® ALL NATURAL® BROWN SUGAR UNCURED® HAM

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, Monounsaturated fat 1.5g, Polyunsaturated fat 0g, Cholesterol 35mg (11% DV), Sodium 510mg (21% DV), Potassium 190mg (5% DV), Total carbohydrate 1g (0% DV), Fiber 0g (0% DV), Sugars 1g, Protein 12g (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.

SIMPLICITY® ALL NATURAL® FOUR PEPPERCORN UNCURED® HAM

Nutrition Facts
Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:
Calories 70, Fat cal 26, Total fat 2.5g (4% DV), Sat fat 1g (4% DV), Trans fat 0g, Monounsaturated fat 0.5g, Polyunsaturated fat 0g, Cholesterol 30mg (10% DV), Sodium 340mg (12% DV), Potassium 170mg (5% DV), Total carbohydrate 1g (0% DV), Fiber 0g (0% DV), Sugars 1g, Protein 12g (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.

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

Nutrition Facts
Serv size: 0.5 oz (15g), Servings: Varied, Amount Per Serving:
Calories 60, Fat cal 16, Total fat 5g (8% DV), Sat fat 1.5g (8% DV), Trans fat 0g, Monounsaturated fat 1.5g, Polyunsaturated fat 0g, Cholesterol 5mg (2% DV), Sodium 105mg (4% DV), Potassium 30mg (1% DV), Total carbohydrate 0g (0% DV), Fiber 0g (0% DV), Sugars 0g, Protein 1g (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.

*No artificial ingredients, minimally processed.
†No Nitrates or Nitrites added except for those naturally occurring in sea salt and cultured celery powder.
Nutrition Facts
Serv size: 1 oz (28g), Servings: Varied, Amount Per Serving:
Calories 70, Fat cal 3.5, Total fat 4.5g (7% DV), Sat fat 0.5g (7% DV), Trans fat 0g, Monounsat fat 2.5g, Polyunsat fat 0.5g, Cholest 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.

Nutrition Facts
Serv size: 1 oz (28g), Servings: Varied, Amount Per Serving:
Calories 110, Fat cal 8, 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.

Nutrition Facts
Serv size: 1 oz (28g), Servings: Varied, Amount Per Serving:
Calories 90, Fat cal 7, Total fat 6g (11% DV), Sat fat 2.5g (12% DV), Trans fat 0g, Monounsat fat 3g, Polyunsat fat 1g, Cholest 25mg (9% DV), Sodium 430mg (18% DV), Total carb 0g (0% DV), Fiber 0g (0% DV), Sugars 0g, Protein 7g (13% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

Nutrition Facts
Serv size: 1 oz (28g), Servings: Varied, Amount Per Serving:
Calories 100, Fat cal 8, Total fat 8g (13% DV), Sat fat 3g (15% DV), Trans fat 0g, Monounsat fat 4g, Polyunsat fat 1g, Cholest 25mg (8% DV), Sodium 420mg (18% 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 (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

Nutrition Facts
Serv size: 1 oz (28g), Servings: Varied, Amount Per Serving:
Calories 90, Fat cal 20, Total fat 7g (11% DV), Sat fat 3g (15% DV), Trans fat 0g, Monounsat fat 3.5g, Polyunsat fat 0.5g, Cholest 20mg (7% DV), Sodium 490mg (20% DV), Potassium 110mg (3% DV), Total carb 1g (0% DV), Fiber 0g (0% DV), Sugars 0g, Protein 7g (14% DV), Vitamin A (0% DV), Vitamin C (2% DV), Calcium (0% DV), Iron (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

*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
Servings: Varied, Serv size: 1 oz (28g), Amount Per Serving:
Calories 110, Total fat 8g (13% DV), Sat fat 5g (25% DV), Trans fat 0g, Cholest 25mg (9% DV), Sodium 60mg (2% 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 (30% DV), Iron (0% DV), Potas (1% DV).

SIMPLICITY® ALL NATURAL* PICAante PROvolone CHEESE

Nutrition Facts
Servings: Varied, Serv size: 1 oz (28g), Amount Per Serving:
Calories 100, Total fat 8g (12% DV), Sat fat 5g (25% DV), Trans fat 0g, Cholest 25mg (8% DV), Sodium 220mg (9% 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).

SIMPLICITY® ORGANIC WHITE CHEDDAR CHEESE

Nutrition Facts
Servings: Varied, Serv size: 1 oz (28g), Amount Per Serving:
Calories 110, Total fat 8g (13% DV), Sat fat 6g (30% DV), Trans fat 0g, Cholest 30mg (10% DV), Sodium 150mg (7% DV), Total Carb <1g (0% DV), Fiber 0g (0% DV), Total sugars 0g (Incl 0g added sugars, 0% DV), Protein 7g (12% DV), Vit D (0% DV), Calcium (20% DV), Iron (0% DV), Potas (1% DV).

SIMPLICITY® ORGANIC MONTEREY JACK CHEESE

Nutrition Facts
Servings: Varied, Serv size: 1 oz (28g), Amount Per Serving:
Calories 100, Total fat 8g (12% DV), Sat fat 5g (25% DV), Trans fat 0g, Cholest 25mg (8% DV), Sodium 150mg (6% DV), Total Carb 0g (0% DV), Fiber 0g (0% DV), Total sugars 0g (Incl 0g added sugars, 0% DV), Protein 7g (13% DV), Vit D (6% DV), Calcium (20% DV), Iron (2% DV), Potas (1% DV).

*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 Simplicity® All Natural* Oven Roasted Beef
Standard serving size is 2 oz.
This wrap 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.
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® 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 TURKEY CAESAR WRAP

SERVINGS: 1

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

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

DELI SOURCE

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

PROSCIUTTO & PROVOLONE PIZZA

SERVINGS: 1

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

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

DELI SOURCE

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

**SERVINGS:** 4

**INGREDIENTS:**

1 Bottle Boar’s Head® Pepperhouse Gourmaise®

- 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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**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®
- 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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**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.
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.
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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.

DELI SOURCE

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

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

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