NUTRITIONAL FACTS & RECIPES

COMPROMISE ELSEWHERE.

Boar's Head

COMPROMISE ELSEWHERE.
Made with Ovengold, Turkey Breast & Sharp Wisconsin Cheddar Cheese

Standard serving size for turkey and cheese are 2 oz and 1 oz, respectively. This sandwich contains 1.5 servings of turkey and 1 serving of cheese.
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
- 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>Description</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>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>
</tr>
<tr>
<td>- 40% Lower Sodium</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Deluxe Low Sodium Roast 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 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>- 32% Lower Sodium</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Golden Roasted Turkey Breast</td>
<td>380mg</td>
<td>16%</td>
</tr>
<tr>
<td>- 43% Lower Sodium</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Golden Classic®, Chicken Breast</td>
<td>350mg</td>
<td>15%</td>
</tr>
<tr>
<td>- 42% Lower Sodium</td>
<td></td>
<td></td>
</tr>
<tr>
<td>All Natural* Oven Roasted Beef</td>
<td>140mg</td>
<td>6%</td>
</tr>
<tr>
<td>- 43% Lower Sodium</td>
<td></td>
<td></td>
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</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Description</th>
<th>Sodium</th>
<th>% DV</th>
</tr>
</thead>
<tbody>
<tr>
<td>43% 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</td>
<td>300mg</td>
<td>13%</td>
</tr>
<tr>
<td>- Reduced Fat Pasteurized Process American Cheese</td>
<td></td>
<td></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. 43% lower sodium than USDA data for regular provolone cheese.
12. Sodium 75mg per serving.
13. 36% less sodium 33% less fat than the USDA data for pasteurized process American cheese.

DV=Daily Value

*No artificial ingredients, minimally processed.
### Deluxe Low Sodium Roast Beef - Cap-off Top Round

**Nutrition Facts**

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

### Seasoned Filet of Roast Beef - Cap-off Top Round

**Nutrition Facts**

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

### Corned Beef Top Round - Cap-off

**Nutrition Facts**

<table>
<thead>
<tr>
<th>Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:</th>
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</thead>
</table>
| **Calories** 80, Fat cal 25, **Total fat** 3g (4% DV), Sat fat 1g (6% DV), Trans fat 0g, Monounsat fat 1.5g, Polyunsat fat 0g, **Cholest** 30mg (10% DV), **Sodium** 230mg (10% 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**

<table>
<thead>
<tr>
<th>Serv size: 2.5 oz (66g) Cooked, Servings: Varied, Amount Per Serving:</th>
</tr>
</thead>
</table>
| **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**

<table>
<thead>
<tr>
<th>Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:</th>
</tr>
</thead>
</table>
| **Calories** 80, Fat cal 30, **Total fat** 3g (5% DV), Sat fat 1g (6% DV), Trans fat 0g, Monounsat fat 1.5g, Polyunsat fat 0g, **Cholest** 30mg (11% DV), **Sodium** 600mg (25% DV), **Total carb** 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 (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 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 3.5g (5% DV), Sat fat 1.5g (7% DV), Trans fat 0g, Monounsat fat 2g, Polyunsat fat 0g, **Cholest** 35mg (11% DV), **Sodium** 40mg (2% DV), **Potassium** 170mg (5% DV), **Total carb** 0g (0% DV), Fiber 0g (0% DV), Sugars 0g, **Protein** 14g (28% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (10% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

LONDONPORT TOP ROUND ROAST BEEF

**Nutrition Facts**
Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:
**Calories** 80, Fat cal 2.5g (4% DV), Sat fat 1g (5% DV), Trans fat 0g, Monounsat fat 1g, Polyunsat fat 0g, **Cholest** 40mg (14% DV), **Sodium** 350mg (15% DV), **Potassium** 200mg (6% DV), **Total carb** 2g (1% DV), Fiber 0g (0% DV), Sugars 2g, **Protein** 12g (21% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (8% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

LONDON BROIL ROAST BEEF - CAP-OFF TOP ROUND

**Nutrition Facts**
Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:
**Calories** 70, Fat cal 2.5g (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.
BOLOGNA, WURSTS & LOAVES

33% LOWER SODIUM BOLOGNA

Nutrition Facts
Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:
Calories 150, Fat cal 110, Total fat 13g (20% DV), Sat fat 4.5g (23% DV), Trans fat 0g, Monounsat fat 6g, Polyunsat fat 1.5g, Cholest 30mg (10% DV), Sodium 360mg (15% DV), Potassium 125mg (4% DV), Total carb 0g (0% DV), Fiber 0g (0% DV), Sugars 0g, Protein 8g (15% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (4% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

BEef BOLOGNA

Nutrition Facts
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), Monounsat fat 5g, Polyunsat fat 0g, Cholest 35mg (11% DV), Sodium 520mg (22% DV), Potassium 115mg (3% DV), Total carb 0g (0% DV), Fiber 0g (0% DV), Sugars 0g, Protein 7g (14% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (4% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

GARLIC BOLOGNA

Nutrition Facts
Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:
Calories 150, Fat cal 120, Total fat 13g (21% DV), Sat fat 4.5g (22% DV), Trans fat 0g, Monounsat fat 6g, Polyunsat fat 1g, Cholest 35mg (11% DV), Sodium 530mg (22% DV), Potassium 110mg (3% DV), Total carb 1g (0% DV), Fiber 0g (0% DV), Sugars 1g, Protein 7g (14% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (4% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

BOLOGNA - PORK & BEEF

Nutrition Facts
Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:
Calories 150, Fat cal 120, Total fat 13g (21% DV), Sat fat 4.5g (22% DV), Trans fat 0g, Monounsat fat 6g, Polyunsat fat 1g, Cholest 35mg (11% DV), Sodium 530mg (22% DV), Total carb 1g (0% DV), Fiber 0g (0% DV), Sugars 1g, Protein 7g (14% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (4% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

STRASSBURGER BRAND LIVERWURST

Nutrition Facts
Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:
Calories 170, Fat cal 130, Total fat 15g (22% DV), Sat fat 6g (28% DV), Trans fat 0g, Monounsat fat 7g, Polyunsat fat 1.5g, Cholest 85mg (28% DV), Sodium 470mg (20% DV), Potassium 85mg (2% DV), Total carb 1g (0% DV), Fiber 0g (0% DV), Sugars 1g, Protein 8g (16% DV), Vitamin A (220% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (25% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.
**Nutrition Facts**

**BOLOGNA, WURSTS & LOAVES**

**Calories** 120, **Total fat** 10g (15% DV), **Sodium** 630mg (26% DV), **Potassium** 110mg (3% DV), **Total carb** <1g (0% DV), **Fiber** 0g (0% DV), **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**: 150
- **Total fat**: 13g (19% DV)
- **Sodium**: 500mg (21% DV)
- **Potassium**: 140mg (4% DV)
- **Total carb**: 2g (1% DV)
- **Fiber**: 0g (0% DV)
- **Sugars**: 1g
- **Protein**: 6g (13% DV)
- **Vitamin A**: (0% DV)
- **Vitamin C**: (0% DV)
- **Calcium**: (0% DV)
- **Iron**: (4% DV)

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

**Nutrition Facts**

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

- **Calories**: 120
- **Total fat**: 9g (13% DV)
- **Sodium**: 470mg (19% DV)
- **Potassium**: 140mg (4% DV)
- **Total carb**: 0g (0% DV)
- **Fiber**: 0g (0% DV)
- **Sugars**: 0g
- **Protein**: 8g (16% 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
- **Total fat**: 11g (16% DV)
- **Sodium**: 590mg (25% DV)
- **Total carb**: 0g (0% DV)
- **Fiber**: 0g (0% DV)
- **Sugars**: 0g
- **Protein**: 8g (16% DV)

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

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

<table>
<thead>
<tr>
<th>Kalorien</th>
<th>Gesamtfett</th>
<th>Cholesterin</th>
<th>Salz</th>
<th>Eiweiß</th>
</tr>
</thead>
<tbody>
<tr>
<td>110 g</td>
<td>9 g</td>
<td>25 mg</td>
<td>220 mg</td>
<td>7 g</td>
</tr>
</tbody>
</table>

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

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**GOAT CHEDDAR CHEESE**

## Nutrition Facts

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

<table>
<thead>
<tr>
<th>Kalorien</th>
<th>Gesamtfett</th>
<th>Cholesterin</th>
<th>Salz</th>
<th>Eiweiß</th>
</tr>
</thead>
<tbody>
<tr>
<td>100 g</td>
<td>8 g</td>
<td>20 mg</td>
<td>170 mg</td>
<td>6 g</td>
</tr>
</tbody>
</table>

**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).

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**HORSERADISH CHEDDAR CHEESE**

## Nutrition Facts

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

<table>
<thead>
<tr>
<th>Kalorien</th>
<th>Gesamtfett</th>
<th>Cholesterin</th>
<th>Salz</th>
<th>Eiweiß</th>
</tr>
</thead>
<tbody>
<tr>
<td>100 g</td>
<td>8 g</td>
<td>20 mg</td>
<td>240 mg</td>
<td>6 g</td>
</tr>
</tbody>
</table>

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

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**3 PEPPER COLBY JACK® CHEESE**

## Nutrition Facts

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

<table>
<thead>
<tr>
<th>Kalorien</th>
<th>Gesamtfett</th>
<th>Cholesterin</th>
<th>Salz</th>
<th>Eiweiß</th>
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</thead>
<tbody>
<tr>
<td>110 g</td>
<td>10 g</td>
<td>30 mg</td>
<td>200 mg</td>
<td>7 g</td>
</tr>
</tbody>
</table>

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

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**CHIPOTLE GOUDA CHEESE**

## Nutrition Facts

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

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<tr>
<th>Kalorien</th>
<th>Gesamtfett</th>
<th>Cholesterin</th>
<th>Salz</th>
<th>Eiweiß</th>
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</thead>
<tbody>
<tr>
<td>110 g</td>
<td>9 g</td>
<td>25 mg</td>
<td>220 mg</td>
<td>7 g</td>
</tr>
</tbody>
</table>

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

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

## Nutrition Facts

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

<table>
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<th>Kalorien</th>
<th>Gesamtfett</th>
<th>Cholesterin</th>
<th>Salz</th>
<th>Eiweiß</th>
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</thead>
<tbody>
<tr>
<td>110 g</td>
<td>10 g</td>
<td>30 mg</td>
<td>200 mg</td>
<td>7 g</td>
</tr>
</tbody>
</table>

**Calories** 110, **Total fat** 10g (12% DV), **Sat fat** 6g (32% DV), **Trans fat** 0g, **Cholest** 30mg (10% DV), **Sodium** 200mg (9% DV), **Total Carb** 0g (0% DV), **Fiber** 0g (0% DV), **Total sugars** 0g (Incl 0g added sugars, 0% DV), **Protein** 7g (14% DV), **Vit D** (0% DV), **Calcium** (15% DV), **Iron** (0% DV), **Potas** (0% DV).
<table>
<thead>
<tr>
<th>Cheese</th>
<th>Nutrition Facts</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Cheese</strong></td>
<td><strong>Servings:</strong> Varied, <strong>Serv size:</strong> 1 oz (28g), <strong>Amount Per Serving:</strong></td>
</tr>
<tr>
<td><strong>Calories</strong></td>
<td><strong>Total fat</strong> 9g (12% DV), <strong>Sat fat</strong> 6g (32% DV), <strong>Trans fat</strong> 0g, <strong>Cholest</strong> 25mg (9% DV), <strong>Sodium</strong> 180mg (8% DV), <strong>Total Carb</strong> 0g (0% DV), <strong>Fiber</strong> 0g (0% DV), <strong>Total sugars</strong> 0g (Incl 0g added sugars, 0% DV), <strong>Protein</strong> 6g (13% DV), <strong>Vit D</strong> (0% DV), <strong>Calcium</strong> (15% DV), <strong>Iron</strong> (0% DV), <strong>Potas</strong> (0% DV).</td>
</tr>
<tr>
<td><strong>Manchego Cheese, Product of Spain</strong></td>
<td><strong>Servings:</strong> Varied, <strong>Serv size:</strong> 1 oz (28g), <strong>Amount Pererving:</strong></td>
</tr>
<tr>
<td><strong>Calories</strong></td>
<td><strong>Total fat</strong> 9g (11% DV), <strong>Sat fat</strong> 5g (25% DV), <strong>Trans fat</strong> 0g, <strong>Cholest</strong> 15mg (5% DV), <strong>Sodium</strong> 380mg (17% DV), <strong>Total Carb</strong> &lt;1g (0% DV), <strong>Fiber</strong> 0g (0% DV), <strong>Total sugars</strong> 0g (Incl 0g added sugars, 0% DV), <strong>Protein</strong> 6g (12% DV), <strong>Vit D</strong> (0% DV), <strong>Calcium</strong> (15% DV), <strong>Iron</strong> (0% DV), <strong>Potas</strong> (2% DV).</td>
</tr>
<tr>
<td><strong>Smoked Gouda Cheese</strong></td>
<td><strong>Servings:</strong> Varied, <strong>Serv size:</strong> 1 oz (28g), <strong>Amount Per Serving:</strong></td>
</tr>
<tr>
<td><strong>Calories</strong></td>
<td><strong>Total fat</strong> 9g (12% DV), <strong>Sat fat</strong> 8g (30% DV), <strong>Trans fat</strong> 0g, <strong>Cholest</strong> 25mg (8% DV), <strong>Sodium</strong> 350mg (15% DV), <strong>Total Carb</strong> 1g (0% DV), <strong>Fiber</strong> 0g (0% DV), <strong>Total sugars</strong> 0g (Incl 0g added sugars, 0% DV), <strong>Protein</strong> 6g (12% DV), <strong>Vit D</strong> (0% DV), <strong>Calcium</strong> (15% DV), <strong>Iron</strong> (0% DV), <strong>Potas</strong> (2% DV).</td>
</tr>
<tr>
<td><strong>American Cheese (Yellow &amp; White)</strong></td>
<td><strong>Servings:</strong> About 80, <strong>Serv size:</strong> 1 oz (28g), <strong>Amount Per Serving:</strong></td>
</tr>
<tr>
<td><strong>Calories</strong></td>
<td><strong>Total fat</strong> 9g (12% DV), <strong>Sat fat</strong> 6g (30% DV), <strong>Trans fat</strong> 0g, <strong>Cholest</strong> 25mg (8% DV), <strong>Sodium</strong> 350mg (15% DV), <strong>Total Carb</strong> 1g (0% DV), <strong>Fiber</strong> 0g (0% DV), <strong>Total sugars</strong> 0g (Incl 0g added sugars, 0% DV), <strong>Protein</strong> 6g (12% DV), <strong>Vit D</strong> (0% DV), <strong>Calcium</strong> (15% DV), <strong>Iron</strong> (0% DV).</td>
</tr>
<tr>
<td><strong>33% Lower Fat &amp; 36% Lower Sodium American Cheese</strong></td>
<td><strong>Servings:</strong> About 80, <strong>Serv size:</strong> 1 oz (28g), <strong>Amount Per Serving:</strong></td>
</tr>
<tr>
<td><strong>Calories</strong></td>
<td><strong>Total fat</strong> 6g (8% DV), <strong>Sat fat</strong> 4.5g (23% DV), <strong>Trans fat</strong> 0g, <strong>Cholest</strong> 20mg (7% DV), <strong>Sodium</strong> 300mg (13% DV), <strong>Total Carb</strong> 2g (1% DV), <strong>Fiber</strong> 0g (0% DV), <strong>Total sugars</strong> 0g (Incl 0g added sugars, 0% DV), <strong>Protein</strong> 7g (14% DV), <strong>Vit D</strong> (0% DV), <strong>Calcium</strong> (15% DV), <strong>Iron</strong> (0% DV), <strong>Potas</strong> (2% DV).</td>
</tr>
<tr>
<td>Cheese Type</td>
<td>Calories</td>
</tr>
<tr>
<td>----------------------------------------------</td>
<td>----------</td>
</tr>
<tr>
<td>HICKORY SMOKED GRUYERE CHEESE, PRODUCT OF GERMANY PASTEURIZED PROCESS GRUYERE CHEESE</td>
<td>100</td>
</tr>
<tr>
<td>LOW SODIUM MUNSTER CHEESE</td>
<td>100</td>
</tr>
<tr>
<td>43% LOWER SODIUM PROVOLONE CHEESE</td>
<td>100</td>
</tr>
<tr>
<td>PICANTE PROVOLONE ALL NATURAL CHEESE</td>
<td>100</td>
</tr>
</tbody>
</table>

Nutrition Facts:

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

- **Calories**:
  - HICKORY SMOKED GRUYERE CHEESE: 100
  - LOW SODIUM MUNSTER CHEESE: 100
  - 43% LOWER SODIUM PROVOLONE CHEESE: 100
  - PICANTE PROVOLONE ALL NATURAL CHEESE: 100

- **Total fat**:
  - HICKORY SMOKED GRUYERE CHEESE: 8 g
  - LOW SODIUM MUNSTER CHEESE: 8 g
  - 43% LOWER SODIUM PROVOLONE CHEESE: 7 g
  - PICANTE PROVOLONE ALL NATURAL CHEESE: 8 g

- **Cholest**:
  - HICKORY SMOKED GRUYERE CHEESE: 20 mg
  - LOW SODIUM MUNSTER CHEESE: 20 mg
  - 43% LOWER SODIUM PROVOLONE CHEESE: 20 mg
  - PICANTE PROVOLONE ALL NATURAL CHEESE: 25 mg

- **Sodium**:
  - HICKORY SMOKED GRUYERE CHEESE: 360 mg
  - LOW SODIUM MUNSTER CHEESE: 75 mg
  - 43% LOWER SODIUM PROVOLONE CHEESE: 140 mg
  - PICANTE PROVOLONE ALL NATURAL CHEESE: 220 mg

- **Protein**:
  - HICKORY SMOKED GRUYERE CHEESE: 6 g
  - LOW SODIUM MUNSTER CHEESE: 6 g
  - 43% LOWER SODIUM PROVOLONE CHEESE: 7 g
  - PICANTE PROVOLONE ALL NATURAL CHEESE: 7 g
**Cheese Nutrition Facts**

**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

### CARAMELIZED ONION JACK CHEESE

<table>
<thead>
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<th>Servings: Varied, Serv size: 1 oz (28g), Amount Per Serving: Calories 110, Total fat 9g (12% DV), Sat fat 4.5g (23% DV), Trans fat 0g, Cholest 15mg (5% DV), Sodium 180mg (8% DV), Total Carb 1g (0% DV), Fiber 0g (0% DV), Total sugars 0g (Incl 0g added sugars, 0% DV), Protein 6g (13% DV), Vit D (0% DV), Calcium (15% DV), Iron (0% DV), Potas (0% DV).</th>
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### WHOLE MILK LOW MOISTURE MOZZARELLA CHEESE

<table>
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<tr>
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<th>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 (15% DV), Iron (0% DV), Potas (0% DV).</th>
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### MUENSTER CHEESE

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<th>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 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).</th>
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### SHARP WISCONSIN CHEDDAR CHEESE - WHITE/RED WAX

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<th>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 &lt;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).</th>
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</table>

### SHARP WISCONSIN CHEDDAR CHEESE - YELLOW/BLACK WAX

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</tr>
</thead>
</table>
CHEESE | NUTRITION FACTS

GOUZA 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:
Calories 60, Fat cal 10, Total fat 1g (2% DV), Sat fat 0g (0% DV), Trans fat 0g, Monounsaturated fat 0g, Polyunsaturated fat 0g, Cholesterol 35mg (12% DV), Sodium 460mg (15% DV), Total carb 0g (0% DV), Fiber 0g (0% DV), Sugars 0g, Protein 11g (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.

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, Monounsaturated fat 0g, Polyunsaturated fat 0g, Cholesterol 35mg (12% DV), Sodium 420mg (15% DV), Total carb 1g (2% 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 10, Total fat 0g (0% DV), Trans fat 0g, Monounsaturated fat 0g, Polyunsaturated fat 0g, Cholesterol 40mg (13% DV), Sodium 440mg (15% DV), Total carb 0g (0% DV), Fiber 0g (0% DV), Sugars 0g, Protein 10g (18% DV), Vitamin A (0% DV), Vitamin C (2% DV), Calcium (0% DV), Iron (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

EVERROAST, OVEN ROASTED CHICKEN BREAST

Nutrition Facts
Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:
Calories 60, Fat cal 10, Total fat 0.5g, Monounsaturated fat 0g, Polyunsaturated fat 0g, Cholesterol 30mg (10% DV), Sodium 440mg (15% DV), Potassium 160mg (5% DV), Total carb 1g (0% DV), Fiber 0g (0% DV), Sugars 1g, Protein 10g (18% DV), Vitamin A (0% DV), Vitamin C (2% DV), Calcium (0% DV), Iron (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

FIRESMITH, FLAME GRILLED 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, Monounsaturated fat 0g, Polyunsaturated fat 0g, Cholesterol 35mg (12% DV), Sodium 370mg (14% DV), Total carb 0g (0% DV), Fiber 0g (0% DV), Sugars 0g, Protein 11g (22% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.
## Chicken Nutrition Facts

<table>
<thead>
<tr>
<th>Item</th>
<th>Calories</th>
<th>Total fat</th>
<th>Cholesterol</th>
<th>Sodium</th>
<th>Protein</th>
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</thead>
<tbody>
<tr>
<td>CHICKEN NUTRITION FACTS</td>
<td>60</td>
<td>1</td>
<td>35</td>
<td>360</td>
<td>11</td>
</tr>
<tr>
<td>LEMON PEPPER OVEN ROASTED CHICKEN BREAST</td>
<td>60</td>
<td>1.5</td>
<td>35</td>
<td>360</td>
<td>11</td>
</tr>
<tr>
<td>ROTISSERIE SEASONED OVEN ROASTED CHICKEN BREAST</td>
<td>60</td>
<td>1</td>
<td>35</td>
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</tr>
<tr>
<td>GOLDEN CLASSIC, 42% LOWER SODIUM CHICKEN BREAST</td>
<td>60</td>
<td>1.5</td>
<td>35</td>
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<tr>
<td>MADRASALA CURRY CHICKEN BREAST</td>
<td>60</td>
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<td>40</td>
<td>470</td>
<td>12</td>
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</table>

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

### Nutrition Facts

- **CHICKEN NUTRITION FACTS**
  - Serv size: 2 oz (56g), Servings: Varied
  - Calories: 60
  - Total fat: 1g (2% DV)
  - Cholesterol: 35mg (12% DV)
  - Sodium: 360mg (15% DV)
  - Protein: 11g (20% DV)

- **LEMON PEPPER OVEN ROASTED CHICKEN BREAST**
  - Serv size: 2 oz (56g), Servings: Varied
  - Calories: 60
  - Total fat: 1.5g (2% DV)
  - Cholesterol: 35mg (12% DV)
  - Sodium: 360mg (15% DV)
  - Protein: 11g (20% DV)

- **ROTISSERIE SEASONED OVEN ROASTED CHICKEN BREAST**
  - Serv size: 2 oz (56g), Servings: Varied
  - Calories: 60
  - Total fat: 1g (2% DV)
  - Cholesterol: 35mg (12% DV)
  - Sodium: 400mg (17% DV)
  - Protein: 11g (20% DV)

- **GOLDEN CLASSIC, 42% LOWER SODIUM CHICKEN BREAST**
  - Serv size: 2 oz (56g), Servings: Varied
  - Calories: 60
  - Total fat: 1.5g (2% DV)
  - Cholesterol: 35mg (12% DV)
  - Sodium: 350mg (15% DV)
  - Protein: 12g (23% DV)

- **MADRASALA CURRY CHICKEN BREAST**
  - Serv size: 2 oz (56g), Servings: Varied
  - Calories: 60
  - Total fat: 1g (2% DV)
  - Cholesterol: 40mg (13% DV)
  - Sodium: 470mg (20% DV)
  - Protein: 12g (24% DV)

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

Made with Bold Ichiban Teriyaki Style Oven Roasted Chicken Breast. Standard serving size is 2 oz. This salad contains 1.5 servings.
**BROWN SUGAR & SPICE DELIGHT™ OFF THE BONE HAM**

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

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<th>Calories</th>
<th>Total fat</th>
<th>Cholest</th>
<th>Sodium</th>
<th>Protein</th>
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<tbody>
<tr>
<td>70</td>
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</table>

**GOURMET PEPPER BRAND HAM - WATER ADDED**

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

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<td>60</td>
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<td>500</td>
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**MAPLE GLAZED HONEY COAT. HAM - WATER ADDED**

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

<table>
<thead>
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<th>Total fat</th>
<th>Cholest</th>
<th>Sodium</th>
<th>Protein</th>
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<td>60</td>
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<td>570</td>
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**ROSEMARY & SUNDRIED TOMATO HAM - WITH NATURAL JUICES**

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

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<th>Cholest</th>
<th>Sodium</th>
<th>Protein</th>
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<td>70</td>
<td>2.5</td>
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**SMOKED VIRGINIA HAM - WATER ADDED**

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

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</table>
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:

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<th>Calories</th>
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<tr>
<td>60</td>
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<td>460 mg</td>
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**PEPPENERO, GARLIC HAM - WITH NATURAL JUICES**

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

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<tr>
<td>70</td>
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**BRANDED DELUXE HAM - WATER ADDED**

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>25 mg</td>
<td>590 mg</td>
<td>9 g</td>
</tr>
</tbody>
</table>

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

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>25 mg</td>
<td>480 mg</td>
<td>10 g</td>
</tr>
</tbody>
</table>

**ITALIAN CAPPY STYLE HAM - WATER ADDED**

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>
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</thead>
<tbody>
<tr>
<td>70</td>
<td>3</td>
<td>35 mg</td>
<td>730 mg</td>
<td>9 g</td>
</tr>
</tbody>
</table>

Percent Daily Values (DV) are based on a 2,000 calorie diet.
## Hot Italian Cappy Style Ham - Water Added

**Nutrition Facts**
Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:
- **Calories**: 110, Fat cal 70, **Total fat** 8g (12% DV), Sat fat 3.5g (16% DV), Trans fat 0g, Monounsat fat 3.5g, Polyunsat fat 1g, **Cholest** 35mg (12% DV), Sodium 480mg (20% DV), **Total carb** 0g (0% DV), Fiber 0g (0% DV), Sugars 0g, **Protein** 9g (18% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (4% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

## Tavern Ham - With Natural Juices

**Nutrition Facts**
Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:
- **Calories**: 60, Fat cal 20, **Total fat** 2.5g (4% DV), Sat fat 1g (5% DV), Trans fat 0g, Monounsat fat 1.5g, Polyunsat fat 0g, **Cholest** 20mg (7% DV), Sodium 520mg (22% 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.

## Virginia Ham - Water Added

**Nutrition Facts**
Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:
- **Calories**: 70, Fat cal 35, **Total fat** 1g (2% DV), Sat fat 0.5g (3% DV), Trans fat 0g, Monounsat fat 0.5g, Polyunsat fat 0g, **Cholest** 25mg (8% DV), Sodium 540mg (23% 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.

## Bourbonridge, Smoked Uncured Ham

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

**NUTRITION FACTS**

**CANADIAN STYLE UNCURED BACON**

Nutrition Facts
Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:
Calories 70, Total fat 2g (3% DV), Sat fat 1g (5% DV), Trans fat 0g, Monounsaturated fat 1g, Polyunsaturated fat 0g, Cholesterol 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.

**MILANO UNCURED ITALIAN SALAMI**

Nutrition Facts
Serv size: 1 oz (28g), Servings: Varied, Amount Per Serving:
Calories 120, Total fat 11g (17% DV), Sat fat 4g (20% DV), Trans fat 0g, Cholesterol 25mg (8% DV), Sodium 550mg (23% DV), Total carb 0g (0% DV), Fiber 0g (0% DV), Sugars 0g, Protein 6g (12% DV), Vitamin A (0% DV), Vitamin C (15% DV), Calcium (0% DV), Iron (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

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

Nutrition Facts
Serv size: 1 oz (28g), Servings: Varied, Amount Per Serving:
Calories 110, Total fat 8g (13% DV), Sat fat 3.5g (16% DV), Trans fat 0g, Cholesterol 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:
Calories 160, Total fat 14g (21% DV), Sat fat 5g (25% DV), Trans fat 0g, Monounsaturated fat 3g, Polyunsaturated fat 1g, Cholesterol 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:
Calories 170, Total fat 14g (21% DV), Sat fat 5g (25% DV), Trans fat 0g, Monounsaturated fat 3g, Polyunsaturated fat 1g, Cholesterol 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.
## Charcuterie Nutrition Facts

### Uncured Pancetta

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### Prosciutto Di Parma, Product of Italy

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### Sandwich Style Pepperoni

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### Chorizo Serrano

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<tbody>
<tr>
<td>90</td>
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### Genoa Salami

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<td>190</td>
<td>15</td>
<td>50</td>
<td>870</td>
<td>12</td>
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</tbody>
</table>
**Nutrition Facts**

**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, Monounsat fat 4g, Polyunsat fat 1g, **Cholest** 30mg (10% DV), **Sodium** 430mg (18% 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**

- **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, Monounsat fat 4g, Polyunsat fat 1g, **Cholest** 30mg (10% DV), **Sodium** 430mg (18% 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.

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

- **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, Monounsat fat 4g, Polyunsat fat 1g, **Cholest** 30mg (10% DV), **Sodium** 430mg (18% 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.

**UNCURED CAPOCOLLO (HOT & SWEET)**

- **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), **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**

- **Serv size:** 2 oz (56g), **Servings:** Varied, Amount Per Serving:
  - **Calories:** 60, Fat cal 5, **Total fat** 0.5g (1% DV), Sat fat 0g (0% DV), Trans fat 0g, Monounsat fat 0g, Polyunsat fat 0g, **Cholest** 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.
**TURKEY NUTRITION FACTS**

**CALORIES**

<table>
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<tr>
<th></th>
<th>Total fat</th>
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<th>Protein</th>
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<tr>
<td>60</td>
<td>0.5</td>
<td>25 mg</td>
<td>650 mg</td>
<td>13 g</td>
</tr>
</tbody>
</table>

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

Nutrition Facts

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

- Calories 60, Fat cal 5, Total fat 0.5g (1% DV), Sat fat 0g (0% DV), Trans fat 0g, Monounsat fat 0g, Polysunsat fat 0g, Cholest 25mg (8% DV), Sodium 650mg (27% DV), Potassium 160mg (5% DV), Total carb 1g (0% DV), Fiber 0g (0% DV), Sugars 0g, Protein 13g (26% DV), Vitamin A (2% DV), Vitamin C (0% DV), Calcium (2% DV), Iron (4% DV).

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

**HICKORY SMOKED BLACK FOREST TURKEY BREAST**

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, Polysunsat fat 0g, Cholest 25mg (8% DV), Sodium 460mg (19% DV), Potassium 170mg (5% DV), Total carb 0g (0% DV), Fiber 0g (0% DV), Sugars 0g, Protein 13g (26% DV), Vitamin A (2% 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, Fat cal 10, Total fat 1g (2% DV), Sat fat 0g (0% DV), Trans fat 0g, Monounsat fat 0g, Polysunsat fat 0g, Cholest 30mg (10% DV), Sodium 460mg (19% DV), Potassium 170mg (5% DV), Total carb 0g (0% DV), Fiber 0g (0% DV), Sugars 1g, Protein 13g (23% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (2% DV).

Percent Daily Values (DV) are based on a 2,000 calorie diet.
<table>
<thead>
<tr>
<th>Maples &amp; Glazed Honey Coated Turkey Breast</th>
<th>Nutrition Facts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:</td>
<td>Calories 70, Fat cal 0.5g, Total fat 1g (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 (24% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Mesquite Wood Smoked Roasted Turkey Breast</th>
<th>Nutrition Facts</th>
</tr>
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<tbody>
<tr>
<td>Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:</td>
<td>Calories 80, Fat cal 1g (2% DV), Sat fat 0g (0% DV), Trans fat 0g, Monounsaturated fat 0g, Polyunsaturated fat 0g, Cholesterol 25mg (8% DV), Sodium 440mg (18% DV), Potassium 170mg (5% DV), Total Carbohydrate 0g (0% DV), Fiber 0g (0% DV), Sugars 0g, Protein 12g (21% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.</td>
</tr>
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</table>

<table>
<thead>
<tr>
<th>No Salt Added Oven Roasted Turkey Breast</th>
<th>Nutrition Facts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:</td>
<td>Calories 70, Fat cal 1g (2% DV), Sat fat 0g (0% DV), Trans fat 0g, Monounsaturated fat 0g, Polyunsaturated fat 0g, Cholesterol 20mg (7% DV), Sodium 360mg (15% DV), Potassium 150mg (4% DV), Total Carbohydrate 0g (0% DV), Fiber 0g (0% DV), Sugars 0g, Protein 11g (19% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.</td>
</tr>
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<table>
<thead>
<tr>
<th>Our Premium 46% Lower Sodium Oven Roasted Turkey Breast</th>
<th>Nutrition Facts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:</td>
<td>Calories 60, Fat cal 1g (2% DV), Sat fat 0g (0% DV), Trans fat 0g, Monounsaturated fat 0g, Polyunsaturated fat 0g, Cholesterol 20mg (7% DV), Sodium 360mg (15% DV), Potassium 140mg (4% DV), Total Carbohydrate 0g (0% DV), Fiber 0g (0% DV), Sugars 0g, Protein 11g (19% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.</td>
</tr>
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<table>
<thead>
<tr>
<th>Oven Gold Roasted Turkey Breast</th>
<th>Nutrition Facts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:</td>
<td>Calories 60, Fat cal 1g (2% DV), Sat fat 0g (0% DV), Trans fat 0g, Monounsaturated fat 0g, Polyunsaturated fat 0g, Cholesterol 20mg (7% DV), Sodium 360mg (15% DV), Potassium 140mg (4% DV), Total Carbohydrate 0g (0% DV), Fiber 0g (0% DV), Sugars 0g, Protein 11g (19% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.</td>
</tr>
</tbody>
</table>
## ALL NATURAL* | NUTRITION FACTS

### PASTRAMI SEASONED TURKEY BREAST

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

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

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%) 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:

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<th>Protein</th>
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<tr>
<td>60</td>
<td>1 g</td>
<td>25 mg</td>
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<td>12 g</td>
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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 (9% DV), Sodium 380mg (16% DV), Potassium 170mg (5% DV), Total carb 0g (0% DV), Fiber 0g (0% DV), Sugars 1g, Protein 12g (21% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0%) Iron (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

### ALL NATURAL* ROASTED TURKEY BREAST

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

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<tr>
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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 (9% DV), Sodium 440mg (18% DV), Potassium 150mg (4% DV), Total carb 0g (0% DV), Fiber 0g (0% DV), Sugars 1g, Protein 13g (26% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0%) Iron (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

### ALL NATURAL* SMOKED TURKEY BREAST

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

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<tr>
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<tbody>
<tr>
<td>70</td>
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<td>30 mg</td>
<td>460 mg</td>
<td>14 g</td>
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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%) Iron (4% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

### ALL NATURAL* TUSCAN BRAND TURKEY BREAST

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

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*No artificial ingredients, minimally processed.*
### ORGANIC HERB SEASONED TURKEY BREAST

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

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### ALL NATURAL* UNCURED† HAM

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### ALL NATURAL* APPLEWOOD SMOKED UNCURED† HAM

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*No artificial ingredients, minimally processed.
### Nutrition Facts

**ALL NATURAL* UNCURED SOPPRESSATA PICCANTE**

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

**ALL NATURAL IMPORTED SWISS CHEESE**

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

**ALL NATURAL PICANTE PROVOLONE CHEESE**

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

**ORGANIC WHITE CHEDDAR CHEESE**

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

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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.*
Made with All Natural* Cap-Off Top Round Oven Roasted Beef
Standard serving is 2 oz. This salad contains 2 servings.
*No artificial ingredients, minimally processed
Made with All Natural® Tuscan Brand Turkey Breast. Standard serving is 2 oz. This sandwich contains 1.5 servings.

*No artificial ingredients, minimally processed
ALL NATURAL* NUTRITION FACTS

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

*No artificial ingredients, minimally processed
Made with Ovengold, Turkey Breast. Standard serving size is 2oz. This dish contains 1.5 servings.

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.

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
BOLD BLACKENED TURKEY CAESAR WRAP

SERVINGS: 1

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

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

DELI SOURCE

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

PROSCIUTTO & PROVOLONE PIZZA

SERVINGS: 1

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

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

DELI SOURCE

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

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 cruditées and be creative. In addition to carrots, cucumber, peppers, radishes, and celery, consider a few more unusual veggies such as strips of fennel, jicama, leaves of Belgian endive, and asparagus tips.

DELI SOURCE
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 cruditées you and your guests will love.

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.

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.

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.
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.

DELIVERY 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.

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.

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

Read more at:
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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6/2023

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