Boar's Head

COMPROMISE ELSEWHERE.

NUTRITIONAL FACTS & RECIPES
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.

Information in this brochure is subject to change without notice.
The Feingold Association of the United States is a non-profit organization whose purpose is to generate public awareness of the role of food and synthetic additives in behavior, learning and health, as well as support members in the implementation of the Feingold Program.

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
Hickory Smoked Black Forest Turkey Breast
- 40% 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
- 46% Lower Sodium - Skin-On
Ovengold® Turkey Breast
Pastrami Seasoned Turkey Breast
Bold Salsalito® 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
Maple Glazed Chicken Breast
Rotisserie Seasoned Chicken Breast

HAM

Branded Deluxe Ham - 42% Lower Sodium
- Water Added
Simplicity® All Natural® Applewood Smoked Uncured Ham
Simplicity® All Natural® Uncured Ham
SmokeMaster Beechwood Smoked® Black Forest Ham
- With Natural Juices • 31% Lower Sodium

BEEF

Londonport® Roast Beef

*No artificial ingredients, minimally processed.

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, as well as support members in the implementation of the Feingold Program.

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.

<table>
<thead>
<tr>
<th>Premium Delicatessen Meats • 2 oz (56g) Serving Unless Noted</th>
<th>Sodium</th>
<th>% DV</th>
</tr>
</thead>
<tbody>
<tr>
<td>42% Lower Sodium Branded Deluxe Ham</td>
<td>480mg</td>
<td>20%</td>
</tr>
<tr>
<td>SmokeMaster Beechwood Smoked Black Forest Ham - With Natural Juices - 31% Lower Sodium</td>
<td>460mg</td>
<td>19%</td>
</tr>
<tr>
<td>33% Lower Sodium Bologna</td>
<td>360mg</td>
<td>15%</td>
</tr>
<tr>
<td>Our Premium Lower Sodium Turkey Breast</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- 46% Lower Sodium - Skinless</td>
<td>360mg</td>
<td>15%</td>
</tr>
<tr>
<td>- 46% Lower Sodium - Skin-On</td>
<td>360mg</td>
<td>15%</td>
</tr>
<tr>
<td>Ovengold Turkey Breast</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- 46% Lower Sodium - Skinless</td>
<td>360mg</td>
<td>15%</td>
</tr>
<tr>
<td>Hickory Smoked Black Forest Turkey Breast</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- 40% Lower Sodium</td>
<td>390mg</td>
<td>16%</td>
</tr>
<tr>
<td>Deluxe Low Sodium Oven Roasted Beef</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- Cap Off Top Round</td>
<td>80mg</td>
<td>3%</td>
</tr>
<tr>
<td>No Salt Added Turkey Breast</td>
<td></td>
<td></td>
</tr>
<tr>
<td>No Salt Added Custom Cut. Roasted Beef Top Round</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mesquite Wood Smoked Turkey Breast</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- 32% Lower Sodium</td>
<td>440mg</td>
<td>18%</td>
</tr>
<tr>
<td>Golden Catering Style Turkey Breast</td>
<td></td>
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<tr>
<td>- 43% Lower Sodium</td>
<td>380mg</td>
<td>16%</td>
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<tr>
<td>Golden Classic Chicken Breast</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- 42% Lower Sodium</td>
<td>350mg</td>
<td>15%</td>
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</table>

<table>
<thead>
<tr>
<th>Premium Delicatessen Cheeses • 1 oz (28g) Serving</th>
<th>Sodium</th>
<th>% DV</th>
</tr>
</thead>
<tbody>
<tr>
<td>44% Lower Sodium Provolone Cheese</td>
<td>140mg</td>
<td>6%</td>
</tr>
<tr>
<td>Lacey Swiss Cheese</td>
<td>35mg</td>
<td>2%</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>3%</td>
</tr>
<tr>
<td>33% Lower Fat - 36% Lower Sodium American Cheese</td>
<td>300mg</td>
<td>13%</td>
</tr>
</tbody>
</table>

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
## Nutrition Facts

<table>
<thead>
<tr>
<th></th>
<th>Calories</th>
<th>Total fat</th>
<th>Cholesterol</th>
<th>Sodium</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>Deluxe Low Sodium Beef - Cap-Off Top Round</td>
<td>90</td>
<td>3 g</td>
<td>35 mg</td>
<td>410 mg</td>
<td>12 g</td>
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<tr>
<td>Italian Style Roast Beef Seasoned with Classic Braciole Seasoning - Cap-Off Top Round</td>
<td>80</td>
<td>3 g</td>
<td>370 mg</td>
<td>15 g</td>
<td></td>
</tr>
<tr>
<td>Seasoned Filet of Roast Beef - Cap-Off Top Round</td>
<td>90</td>
<td>3 g</td>
<td>35 mg</td>
<td>230 mg</td>
<td>14 g</td>
</tr>
<tr>
<td>Top Round Corned Beef Top - Cap-Off</td>
<td>80</td>
<td>2.5 g</td>
<td>30 mg</td>
<td>490 mg</td>
<td>14 g</td>
</tr>
</tbody>
</table>

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

### 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, Monounsaturated: 1.5g, Polyunsaturated: 0g, Cholesterol: 35mg (11% DV), Sodium: 410mg (5% DV), Total carb: 0g (0% 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.
- Calories: 90, Fat cal: 25, Total fat: 3g (4% DV), Sat fat: 1g (6% DV), Trans fat: 0g, Monounsaturated: 1.5g, Polyunsaturated: 0g, Cholesterol: 35mg (12% DV), Sodium: 370mg (5% DV), Total carb: 0g (0% DV), Fiber: 0g (0% DV), Sugars: 0g, Protein: 13g (25% DV), Vitamin A: 0% DV, Vitamin C: 0% DV, Calcium: 0% DV, Iron: 6% DV.
- Calories: 80, Fat cal: 25, Total fat: 2.5g (4% DV), Sat fat: 1g (6% DV), Trans fat: 0g, Monounsaturated: 1.5g, Polyunsaturated: 0g, Cholesterol: 40mg (13% DV), Sodium: 230mg (10% DV), Total carb: 0g (0% DV), Fiber: 0g (0% DV), Sugars: 0g, Protein: 14g (28% DV), Vitamin A: 0% DV, Vitamin C: 0% DV, Calcium: 0% DV, Iron: 10% DV.

*Percent Daily Values (DV) are based on a 2,000 calorie diet.*
<table>
<thead>
<tr>
<th>Meat Type</th>
<th>Nutrition Facts</th>
</tr>
</thead>
<tbody>
<tr>
<td>FIRST CUT CORNED BEEF BRISKET</td>
<td><strong>Nutrition Facts</strong>&lt;br&gt;Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:&lt;br&gt;<strong>Calories</strong> 80, <strong>Total fat</strong> 4g (6% DV), <strong>Fat cal</strong> 35, <strong>Sat fat</strong> 1.5g (7% DV), <strong>Trans fat</strong> 0g, <strong>Monounsat fat</strong> 2g, <strong>Polyunsat fat</strong> 0g, <strong>Cholest</strong> 40mg (14% DV), <strong>Sodium</strong> 540mg (22% DV), <strong>Potassium</strong> 135mg (4% DV), <strong>Total carb</strong> 0g (0% DV), <strong>Fiber</strong> 0g (0% DV), <strong>Sugars</strong> 0g, <strong>Protein</strong> 12g (24% DV), <strong>Vitamin A</strong> (0% DV), <strong>Vitamin C</strong> (0% DV), <strong>Calcium</strong> (0% DV), <strong>Iron</strong> (8% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.</td>
</tr>
<tr>
<td>TOP ROUND PASTRAMI - CAP OFF</td>
<td><strong>Nutrition Facts</strong>&lt;br&gt;Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:&lt;br&gt;<strong>Calories</strong> 80, <strong>Total fat</strong> 3g (5% DV), <strong>Fat cal</strong> 30, <strong>Sat fat</strong> 1g (6% DV), <strong>Trans fat</strong> 0g, <strong>Monounsat fat</strong> 1.5g, <strong>Polyunsat fat</strong> 0g, <strong>Cholest</strong> 30mg (11% DV), <strong>Sodium</strong> 600mg (25% DV), <strong>Potassium</strong> 170mg (5% DV), <strong>Total carb</strong> &lt;1g (0% DV), <strong>Fiber</strong> 0g (0% DV), <strong>Sugars</strong> 0g, <strong>Protein</strong> 13g (26% DV), <strong>Vitamin A</strong> (0% DV), <strong>Vitamin C</strong> (0% DV), <strong>Calcium</strong> (0% DV), <strong>Iron</strong> (8% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.</td>
</tr>
<tr>
<td>FIRST CUT PASTRAMI BRISKET</td>
<td><strong>Nutrition Facts</strong>&lt;br&gt;Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:&lt;br&gt;<strong>Calories</strong> 90, <strong>Total fat</strong> 4g (6% DV), <strong>Fat cal</strong> 35, <strong>Sat fat</strong> 1.5g (7% DV), <strong>Trans fat</strong> 0g, <strong>Monounsat fat</strong> 2g, <strong>Polyunsat fat</strong> 0g, <strong>Cholest</strong> 35mg (11% DV), <strong>Sodium</strong> 40mg (2% DV), <strong>Potassium</strong> 170mg (5% DV), <strong>Total carb</strong> 0g (0% DV), <strong>Fiber</strong> 0g (0% DV), <strong>Sugars</strong> 0g, <strong>Protein</strong> 14g (28% DV), <strong>Vitamin A</strong> (0% DV), <strong>Vitamin C</strong> (0% DV), <strong>Calcium</strong> (0% DV), <strong>Iron</strong> (10% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.</td>
</tr>
<tr>
<td>NO SALT ADDED ROAST BEEF</td>
<td><strong>Nutrition Facts</strong>&lt;br&gt;Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:&lt;br&gt;<strong>Calories</strong> 80, <strong>Total fat</strong> 2.5g (4% DV), <strong>Fat cal</strong> 25, <strong>Sat fat</strong> 1g (5% DV), <strong>Trans fat</strong> 0g, <strong>Monounsat fat</strong> 1g, <strong>Polyunsat fat</strong> 0g, <strong>Cholest</strong> 40mg (14% DV), <strong>Sodium</strong> 40mg (2% DV), <strong>Potassium</strong> 200mg (6% DV), <strong>Total carb</strong> 2g (1% DV), <strong>Fiber</strong> 0g (0% DV), <strong>Sugars</strong> 0g, <strong>Protein</strong> 13g (26% DV), <strong>Vitamin A</strong> (0% DV), <strong>Vitamin C</strong> (0% DV), <strong>Calcium</strong> (0% DV), <strong>Iron</strong> (8% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.</td>
</tr>
<tr>
<td>LONDONPORT, ROAST BEEF</td>
<td><strong>Nutrition Facts</strong>&lt;br&gt;Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:&lt;br&gt;<strong>Calories</strong> 80, <strong>Total fat</strong> 2.5g (4% DV), <strong>Fat cal</strong> 25, <strong>Sat fat</strong> 1g (5% DV), <strong>Trans fat</strong> 0g, <strong>Monounsat fat</strong> 1g, <strong>Polyunsat fat</strong> 0g, <strong>Cholest</strong> 40mg (14% DV), <strong>Sodium</strong> 350mg (15% DV), <strong>Potassium</strong> 200mg (6% DV), <strong>Total carb</strong> 2g (1% DV), <strong>Fiber</strong> 0g (0% DV), <strong>Sugars</strong> 0g, <strong>Protein</strong> 13g (26% DV), <strong>Vitamin A</strong> (0% DV), <strong>Vitamin C</strong> (0% DV), <strong>Calcium</strong> (0% DV), <strong>Iron</strong> (8% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.</td>
</tr>
</tbody>
</table>
### London Broil Cap-Off Top Round Roast Beef Nutrition Facts

- **Serv size:** 2 oz (56g), **Servings:** Varied
- **Calories:** 70
- **Fat:** 3g (5% DV)
- **Cholesterol:** 25mg (8% DV)
- **Sodium:** 310mg (13% DV)
- **Protein:** 12g

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

### 33% Lower Sodium Bologna Nutrition Facts

- **Serv size:** 2 oz (56g), **Servings:** Varied
- **Calories:** 150
- **Fat:** 13g (20% DV)
- **Cholesterol:** 30mg (10% DV)
- **Sodium:** 360mg (15% DV)
- **Protein:** 8g

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

### Beef Bologna Nutrition Facts

- **Serv size:** 2 oz (56g), **Servings:** Varied
- **Calories:** 150
- **Fat:** 13g (21% DV)
- **Cholesterol:** 35mg (11% DV)
- **Sodium:** 520mg (22% DV)
- **Protein:** 7g

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

### Garlic Bologna Nutrition Facts

- **Serv size:** 2 oz (56g), **Servings:** Varied
- **Calories:** 150
- **Fat:** 13g (21% DV)
- **Cholesterol:** 35mg (11% DV)
- **Sodium:** 530mg (22% DV)
- **Protein:** 7g

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

### Bologna - Pork & Beef Nutrition Facts

- **Serv size:** 2 oz (56g), **Servings:** Varied
- **Calories:** 150
- **Fat:** 13g (21% DV)
- **Cholesterol:** 35mg (11% DV)
- **Sodium:** 530mg (22% DV)
- **Protein:** 7g

Percent Daily Values (DV) are based on a 2,000 calorie diet.
### BOLOGNA, WURSTS & LOAVES

#### NUTRITION FACTS

<table>
<thead>
<tr>
<th>STRASSBURGER BRAND LIVERWURST</th>
<th><strong>Nutrition Facts</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:</td>
<td>Calories 170, Fat cal 130, Total fat 15g (22% DV), Sat fat 6g (28% DV), Trans fat 0g, Monounsaturated fat 7g, Polyunsaturated fat 1.5g, Cholesterol 85mg (28% DV), Sodium 470mg (20% DV), Potassium 85mg (2% DV), Total carbohydrate 1g (0% DV), Fiber 0g (0% DV), Sugars 1g, Protein 8g (16% DV), Vitamin A (220% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (25% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.</td>
</tr>
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</table>

<table>
<thead>
<tr>
<th>OLIVE LOAF</th>
<th><strong>Nutrition Facts</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:</td>
<td>Calories 120, Fat cal 90, Total fat 10g (15% DV), Sat fat 3.5g (17% DV), Trans fat 0g, Monounsaturated fat 4.5g, Polyunsaturated fat 1g, Cholesterol 20mg (7% DV), Sodium 630mg (26% DV), Potassium 110mg (3% DV), Total carbohydrate &lt;1g (0% DV), Fiber 0g (0% DV), Sugars &lt;1g, Protein 6g (13% DV), Vitamin A (2% DV), Vitamin C (0% DV), Calcium (2% DV), Iron (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>PICKLE &amp; PEPPER LOAF</th>
<th><strong>Nutrition Facts</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:</td>
<td>Calories 150, Fat cal 110, Total fat 13g (19% DV), Sat fat 7g (35% DV), Trans fat 0g, Monounsaturated fat 4.5g, Polyunsaturated fat 0g, Cholesterol 30mg (10% DV), Sodium 500mg (21% DV), Total carbohydrate 2g (1% DV), Fiber 0g (0% DV), Sugars &lt;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.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>BEEF SALAMI</th>
<th><strong>Nutrition Facts</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:</td>
<td>Calories 120, Fat cal 80, Total fat 9g (13% DV), Sat fat 3.5g (17% DV), Trans fat 0g, Monounsaturated fat 4.5g, Polyunsaturated fat 0g, Cholesterol 35mg (11% DV), Sodium 470mg (19% DV), Potassium 140mg (4% DV), Total carbohydrate 0g (0% DV), Fiber 0g (0% DV), Sugars 0g, Protein 10g (20% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (8% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>COOKED SALAMI</th>
<th><strong>Nutrition Facts</strong></th>
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</thead>
<tbody>
<tr>
<td>Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:</td>
<td>Calories 130, Fat cal 100, Total fat 11g (16% DV), Sat fat 5g (24% DV), Trans fat 0g, Monounsaturated fat 5g, Polyunsaturated fat 0g, Cholesterol 40mg (13% DV), Sodium 590mg (25% DV), Potassium 135mg (4% DV), Total carbohydrate 0g (0% DV), Fiber 0g (0% DV), Sugars 0g, Protein 8g (16% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (4% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.</td>
</tr>
</tbody>
</table>
### LITE BRAUNSCHWEiger LIVERWURST

**Nutrition Facts**  
Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:  
- Calories: 120  
- Total fat: 8g (13% DV)  
- Cholest: 50mg (16% DV)  
- Sodium: 450mg (19% DV)  
- Protein: 9g (18% DV)  

### HORSERADISH CHEDDAR CHEESE

**Nutrition Facts**  
Servings: Varied, Serv size: 1 oz (28g), Amount Per Serving:  
- Calories: 110  
- Total fat: 9g (11% DV)  
- Cholest: 30mg (8% DV)  
- Sodium: 190mg (7% DV)  
- Protein: 6g (13% DV)  

### 3 PEPPER COLBY JACK, CHEESE

**Nutrition Facts**  
Servings: Varied, Serv size: 1 oz (28g), Amount Per Serving:  
- Calories: 100  
- Total fat: 8g (10% DV)  
- Cholest: 25mg (7% DV)  
- Sodium: 170mg (7% DV)  
- Protein: 6g (13% DV)  

### CHIPOTLE GOUDA CHEESE

**Nutrition Facts**  
Servings: Varied, Serv size: 1 oz (28g), Amount Per Serving:  
- Calories: 100  
- Total fat: 8g (10% DV)  
- Cholest: 20mg (6% DV)  
- Sodium: 160mg (7% DV)  
- Protein: 7g (14% DV)  

### MARBLEu, MARBLED BLUE MONTEREY JACK CHEESE

**Nutrition Facts**  
Servings: Varied, Serv size: 1 oz (28g), Amount Per Serving:  
- Calories: 100  
- Total fat: 8g (10% DV)  
- Cholest: 25mg (6% DV)  
- Sodium: 160mg (7% DV)  
- Protein: 7g (14% DV)
## Nutrition Facts

### Cheese Varieties

<table>
<thead>
<tr>
<th>Cheese Variety</th>
<th>Calories</th>
<th>Total Fat</th>
<th>Cholest</th>
<th>Sodium</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Italian Style Herb Coated Cheese</strong></td>
<td>90</td>
<td>6</td>
<td>25</td>
<td>180</td>
<td>7</td>
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<tr>
<td><strong>Vermont Cheddar Cheese (Yellow &amp; White)</strong></td>
<td>110</td>
<td>10</td>
<td>30</td>
<td>200</td>
<td>7</td>
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<tr>
<td><strong>Colby Jack Cheese</strong></td>
<td>110</td>
<td>9</td>
<td>25</td>
<td>180</td>
<td>6</td>
</tr>
<tr>
<td><strong>Manchego Cheese, Product of Spain</strong></td>
<td>100</td>
<td>9</td>
<td>20</td>
<td>220</td>
<td>6</td>
</tr>
<tr>
<td><strong>Smoked Gouda Cheese</strong></td>
<td>90</td>
<td>7</td>
<td>15</td>
<td>380</td>
<td>6</td>
</tr>
</tbody>
</table>

### Serving Information

- Servings: Varied
- Serv size: 1 oz (28g)
- Amount Per Serving:
  - Calories
  - Total fat
  - Cholest
  - Sodium
  - Protein
CHEESE | NUTRITION FACTS

AMERICAN CHEESE (YELLOW & WHITE)
PASTEURIZED PROCESS AMERICAN CHEESE

Nutrition Facts
Servings: Varied, Serv size: 1 oz (28g), Amount Per Serving:
Calories 110, Total fat 9g (11% DV), Sat fat 6g (28% DV), Trans fat 0g, Cholest 25mg (9% DV), Sodium 350mg (15% DV), Total Carb 1g (0% DV), Fiber 0g (0% DV), Total sugars 0g (Incl 0g added sugars, 0% DV), Protein 6g (11% DV), Vit D (0% DV), Calcium (15% DV), Iron (0% DV), Potas (2% DV).

33% LOWER FAT & 36% LOWER SODIUM AMERICAN CHEESE
PASTEURIZED PROCESS AMERICAN CHEESE (YELLOW & WHITE)

Nutrition Facts
Servings: Varied, Serv size: 1 oz (28g), Amount Per Serving:
Calories 90, Total fat 6g (8% DV), Sat fat 4.5g (23% DV), Trans fat 0g, Cholest 20mg (7% DV), Sodium 300mg (13% DV), Total Carb 2g (1% DV), Fiber 0g (0% DV), Total sugars 0g (Incl 0g added sugars, 0% DV), Protein 7g (14% DV), Vit D (0% DV), Calcium (10% DV), Iron (0% DV), Potas (2% DV).

HICKORY SMOKED GRUYERE CHEESE, PRODUCT OF GERMANY
PASTEURIZED PROCESS GRUYERE CHEESE

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

BUTTERKÄSE CHEESE

Nutrition Facts
Servings: Varied, Serv size: 1 oz (28g), Amount Per Serving:
Calories 100, Total fat 9g (11% DV), Sat fat 6g (29% DV), Trans fat 0g, Cholest 30mg (9% DV), Sodium 180mg (8% DV), Total Carb 0g (0% DV), Fiber 0g (0% DV), Total sugars 0g (Incl 0g added sugars, 0% DV), Protein 6g (12% DV), Vit D (0% DV), Calcium (15% DV), Iron (0% DV), Potas (0% DV).

FONTINA CHEESE

Nutrition Facts
Servings: Varied, Serv size: 1 oz (28g), Amount Per Serving:
Calories 110, Total fat 10g (13% DV), Sat fat 6g (30% DV), Trans fat 0g, Cholest 30mg (10% DV), Sodium 170mg (7% DV), Total Carb 0g (0% DV), Fiber 0g (0% DV), Total sugars 0g (Incl 0g added sugars, 0% DV), Protein 6g (12% DV), Vit D (0% DV), Calcium (15% DV), Iron (0% DV), Potas (0% DV).
## Low Sodium Muenster Cheese

**Nutrition Facts**
Servings: Varied, **Serv size**: 1 oz (28g), **Amount Per Serving**:
- Calories: 100
- Total fat: 8g (10% DV)
- Cholest: 20mg (7% DV)
- Sodium: 75mg (3% DV)
- Total Carb: 0g (0% DV)
- Fiber: 0g (0% DV)
- Total sugars: 0g (Incl 0g added sugars, 0% DV)
- Protein: 6g (11% DV)
- Vit D: 0% DV
- Calcium: 15% DV
- Iron: 0% DV
- Potas: 0% DV

## 44% Lower Sodium Provolone Cheese

**Nutrition Facts**
Servings: Varied, **Serv size**: 1 oz (28g), **Amount Per Serving**:
- Calories: 100
- Total fat: 7g (9% DV)
- Cholest: 20mg (7% DV)
- Sodium: 140mg (6% DV)
- Total Carb: 1g (0% DV)
- Fiber: 0g (0% DV)
- Total sugars: 0g (Incl 0g added sugars, 0% DV)
- Protein: 7g (14% DV)
- Vit D: 0% DV
- Calcium: 15% DV
- Iron: 0% DV
- Potas: 0% DV

## Picante Provolone Cheese

**Nutrition Facts**
Servings: Varied, **Serv size**: 1 oz (28g), **Amount Per Serving**:
- Calories: 110
- Total fat: 9g (12% DV)
- Cholest: 25mg (8% DV)
- Sodium: 220mg (10% DV)
- Total Carb: <1g (0% DV)
- Fiber: 0g (0% DV)
- Total sugars: 0g (Incl 0g added sugars, 0% DV)
- Protein: 7g (14% DV)
- Vit D: 0% DV
- Calcium: 15% DV
- Iron: 0% DV
- Potas: 0% DV

## Baby Swiss Cheese

**Nutrition Facts**
Servings: Varied, **Serv size**: 1 oz (28g), **Amount Per Serving**:
- Calories: 110
- Total fat: 9g (12% DV)
- 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)
- 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
### Cheese Nutrition Facts

**Blanc Grue® Gruyere Cheese**

<table>
<thead>
<tr>
<th>Serving Size: 1 oz (28g)</th>
<th>Calories</th>
<th>Total Fat</th>
<th>Cholesterol</th>
<th>Sodium</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>110</td>
<td>9 g</td>
<td>20 mg</td>
<td>150 mg</td>
<td>7 g</td>
</tr>
</tbody>
</table>

**Cream Havarti Cheese: Plain, with Dill, or with Jalapeño**

<table>
<thead>
<tr>
<th>Serving Size: 1 oz (28g)</th>
<th>Calories</th>
<th>Total Fat</th>
<th>Cholesterol</th>
<th>Sodium</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>110</td>
<td>10 g</td>
<td>35 mg</td>
<td>210 mg</td>
<td>6 g</td>
</tr>
</tbody>
</table>

**Monterey Jack Cheese: Plain or Jalapeño Pepper Jack**

<table>
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<tr>
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<th>Calories</th>
<th>Total Fat</th>
<th>Cholesterol</th>
<th>Sodium</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>100</td>
<td>9 g</td>
<td>25 mg</td>
<td>180 mg</td>
<td>6 g</td>
</tr>
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</table>

**Whole Milk Low Moisture Mozzarella Cheese**

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

**Muenster Cheese**

<table>
<thead>
<tr>
<th>Serving Size: 1 oz (28g)</th>
<th>Calories</th>
<th>Total Fat</th>
<th>Cholesterol</th>
<th>Sodium</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>100</td>
<td>8 g</td>
<td>25 mg</td>
<td>190 mg</td>
<td>6 g</td>
</tr>
</tbody>
</table>
**SHARP WISCONSIN CHEDDAR CHEESE - WHITE/RED 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).

**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 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:

<table>
<thead>
<tr>
<th>Calories</th>
<th>Total fat</th>
<th>Cholest</th>
<th>Sodium</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>90</td>
<td>6 g</td>
<td>15 mg</td>
<td>35 mg</td>
<td>9 g</td>
</tr>
</tbody>
</table>

Calories 90, Total fat 6g (7% DV), Sat fat 4g (20% DV), Trans fat 0g, Cholest 15mg (6% DV), Sodium 35mg (2% DV), Total Carb 0g (0% DV), Fiber 0g (0% DV), Total sugars 0g (Incl 0g added sugars, 0% DV), Protein 9g (18% DV), Vit D (0% DV), Calcium (20% DV), Iron (0% DV), Potas (0% DV).

**MILD SWISS CHEESE**

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

<table>
<thead>
<tr>
<th>Calories</th>
<th>Total fat</th>
<th>Cholest</th>
<th>Sodium</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>110</td>
<td>8 g</td>
<td>20 mg</td>
<td>65 mg</td>
<td>7 g</td>
</tr>
</tbody>
</table>

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.
# Nutrition Facts

<table>
<thead>
<tr>
<th>Chicken Style</th>
<th>Calories</th>
<th>Total fat</th>
<th>Cholest</th>
<th>Sodium</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>ALL AMERICAN BBQ CHICKEN BREAST</strong></td>
<td>70</td>
<td>1</td>
<td>35</td>
<td>370</td>
<td>13</td>
</tr>
<tr>
<td><strong>BLAZING BUFFALO STYLE CHICKEN BREAST</strong></td>
<td>60</td>
<td>1</td>
<td>35</td>
<td>460</td>
<td>13</td>
</tr>
<tr>
<td><strong>CHIPOTLE CHICKEN BREAST</strong></td>
<td>60</td>
<td>1.5</td>
<td>40</td>
<td>420</td>
<td>13</td>
</tr>
<tr>
<td><strong>JERK CHICKEN BREAST</strong></td>
<td>60</td>
<td>1</td>
<td>40</td>
<td>460</td>
<td>11</td>
</tr>
<tr>
<td><strong>EVERROAST CHICKEN BREAST</strong></td>
<td>60</td>
<td>1</td>
<td>30</td>
<td>440</td>
<td>12</td>
</tr>
</tbody>
</table>

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

**CHICKEN**

**Nutrition Facts**
Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:
- **Calories**: 60
- **Total fat**: 1g (2% DV)
- **Sat fat**: 0g (0% DV)
- **Trans fat**: 0g
- **Monounsaturated fat**: 0g
- **Polyunsaturated fat**: 0g
- **Cholesterol**: 35mg (12% DV)
- **Sodium**: 360mg (15% DV)
- **Total carb**: 1g (0% DV)
- **Fiber**: 0g (0% DV)
- **Sugars**: 0g
- **Protein**: 13g (26% DV)

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

**LEMON PEPPER. CHICKEN BREAST**

**Nutrition Facts**
Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:
- **Calories**: 60
- **Total fat**: 1.5g (2% DV)
- **Sat fat**: 0.5g (3% DV)
- **Trans fat**: 0g
- **Monounsaturated fat**: 0g
- **Polyunsaturated fat**: 0g
- **Cholesterol**: 35mg (12% DV)
- **Sodium**: 510mg (21% DV)
- **Total carb**: 2g (1% DV)
- **Fiber**: 0g (0% DV)
- **Sugars**: 0g
- **Protein**: 12g (23% DV)

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

**MAPLE GLAZED CHICKEN BREAST**

**Nutrition Facts**
Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:
- **Calories**: 60
- **Total fat**: 1.5g (2% DV)
- **Sat fat**: 0g (0% DV)
- **Trans fat**: 0g
- **Monounsaturated fat**: 0g
- **Polyunsaturated fat**: 0g
- **Cholesterol**: 35mg (12% DV)
- **Sodium**: 340mg (14% DV)
- **Potassium**: 160mg (5% DV)
- **Total carb**: 2g (1% DV)
- **Fiber**: 0g (0% DV)
- **Sugars**: 2g
- **Protein**: 12g (24% DV)

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

**ROTISSERIE SEASONED CHICKEN BREAST**

**Nutrition Facts**
Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:
- **Calories**: 60
- **Total fat**: 1g (2% DV)
- **Sat fat**: 0g (0% DV)
- **Trans fat**: 0g
- **Monounsaturated fat**: 0g
- **Polyunsaturated fat**: 0g
- **Cholesterol**: 30mg (10% DV)
- **Sodium**: 350mg (15% DV)
- **Potassium**: 170mg (5% DV)
- **Total carb**: 0g (0% DV)
- **Fiber**: 0g (0% DV)
- **Sugars**: 0g
- **Protein**: 12g (24% DV)

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

**GOLDEN CLASSIC. CHICKEN BREAST - 42% LOWER SODIUM**

**Nutrition Facts**
Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:
- **Calories**: 60
- **Total fat**: 1.5g (2% DV)
- **Sat fat**: 0g (0% DV)
- **Trans fat**: 0g
- **Monounsaturated fat**: 0.5g
- **Polyunsaturated fat**: 0g
- **Cholesterol**: 35mg (12% DV)
- **Sodium**: 350mg (15% DV)
- **Potassium**: 170mg (5% DV)
- **Total carb**: 0g (0% DV)
- **Fiber**: 0g (0% DV)
- **Sugars**: 0g
- **Protein**: 12g (24% DV)

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.
### HAM NUTRITION FACTS

**GOURMET PEPPER BRAND HAM - WATER ADDED**

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount Per Serving</th>
<th>%DV</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>60</td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>1 g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol</td>
<td>20 mg</td>
<td></td>
</tr>
<tr>
<td>Sodium</td>
<td>500 mg</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>10 g</td>
<td></td>
</tr>
</tbody>
</table>

**Nutrition Facts**
- Serv size: 2 oz (56g), Servings: Varied
- 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 carbohydrate 2g (1% DV), Fiber 0g (0% DV), Sugars 1g, Protein 10g (20% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (6% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

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

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount Per Serving</th>
<th>%DV</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>60</td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>1 g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol</td>
<td>20 mg</td>
<td></td>
</tr>
<tr>
<td>Sodium</td>
<td>570 mg</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>10 g</td>
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</table>

**Nutrition Facts**
- Serv size: 2 oz (56g), Servings: Varied
- 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), Potassium 180mg (5% DV), Total carbohydrate 2g (1% DV), Fiber 0g (0% DV), Sugars 3g, Protein 10g (20% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (6% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

**PESTO PARMESAN HAM**

<table>
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<tr>
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</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>70</td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>2.5 g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol</td>
<td>30 mg</td>
<td></td>
</tr>
<tr>
<td>Sodium</td>
<td>550 mg</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>12 g</td>
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</tr>
</tbody>
</table>

**Nutrition Facts**
- Serv size: 2 oz (56g), Servings: Varied
- 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 carbohydrate 1g (0% DV), Fiber 0g (0% DV), Sugars 0g, Protein 12g (23% DV), Vitamin A (8% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

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

<table>
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<tr>
<th>Nutrient</th>
<th>Amount Per Serving</th>
<th>%DV</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>70</td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>2.5 g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol</td>
<td>10 mg</td>
<td></td>
</tr>
<tr>
<td>Sodium</td>
<td>500 mg</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>10 g</td>
<td></td>
</tr>
</tbody>
</table>

**Nutrition Facts**
- Serv size: 2 oz (56g), Servings: Varied
- 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), Total carbohydrate 2g (1% DV), Fiber 0g (0% DV), Sugars 0g, Protein 10g (20% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (4% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

**SMOKED VIRGINIA HAM - WATER ADDED**

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount Per Serving</th>
<th>%DV</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>60</td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>1 g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol</td>
<td>25 mg</td>
<td></td>
</tr>
<tr>
<td>Sodium</td>
<td>590 mg</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>9 g</td>
<td></td>
</tr>
</tbody>
</table>

**Nutrition Facts**
- Serv size: 2 oz (56g), Servings: Varied
- 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 590mg (25% DV), Total carbohydrate 2g (1% DV), Fiber 0g (0% DV), Sugars 2g, Protein 9g (18% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (4% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.
### HAM NUTRITION FACTS

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

<table>
<thead>
<tr>
<th>Nutrition Facts</th>
<th>Calories</th>
<th>Total fat</th>
<th>Cholest</th>
<th>Sodium</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:</td>
<td>60</td>
<td>1</td>
<td>30</td>
<td>460</td>
<td>10</td>
</tr>
<tr>
<td>Calories 60, Fat cal 5, Total fat 1g (2% DV), Sat fat 0g (0% DV), Trans fat 0g, Monounsaturated fat 0g, Polyunsaturated fat 0g, Cholesterol 30mg (10% DV), Sodium 460mg (18% DV), Potassium 160mg (5% DV), Total carbohydrate 2g (1% DV), Fiber 0g (0% DV), Sugars 2g, Protein 10g (20% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (4% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### PEPPENERO, GARLIC HAM - WITH NATURAL JUICES

<table>
<thead>
<tr>
<th>Nutrition Facts</th>
<th>Calories</th>
<th>Total fat</th>
<th>Cholest</th>
<th>Sodium</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:</td>
<td>70</td>
<td>2</td>
<td>30</td>
<td>600</td>
<td>11</td>
</tr>
<tr>
<td>Calories 70, Fat cal 20, Total fat 2g (3% DV), Sat fat 0.5g (3% DV), Trans fat 0g, Monounsaturated fat 1g, Polyunsaturated fat 0g, Cholesterol 30mg (10% DV), Sodium 600mg (25% DV), Potassium 200mg (6% DV), Total carbohydrate 2g (1% DV), Fiber 0g (0% DV), Sugars 1g, Protein 11g (22% DV), Vitamin A (0% DV), Vitamin C (20% DV), Calcium (0% DV), Iron (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.</td>
<td></td>
<td></td>
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<td></td>
</tr>
</tbody>
</table>

### BRANDED DELUXE HAM - WATER ADDED

<table>
<thead>
<tr>
<th>Nutrition Facts</th>
<th>Calories</th>
<th>Total fat</th>
<th>Cholest</th>
<th>Sodium</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:</td>
<td>60</td>
<td>1</td>
<td>25</td>
<td>590</td>
<td>9</td>
</tr>
<tr>
<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 590mg (25% DV), Potassium 150mg (4% DV), Total carbohydrate 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>
<td></td>
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### 42% LOWER SODIUM BRANDED DELUXE HAM - WATER ADDED

<table>
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<th>Cholest</th>
<th>Sodium</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:</td>
<td>60</td>
<td>1.5</td>
<td>25</td>
<td>480</td>
<td>10</td>
</tr>
<tr>
<td>Calories 60, Fat cal 15, Total fat 1.5g (3% DV), Sat fat 0.5g (3% DV), Trans fat 0g, Monounsaturated fat 1g, Polyunsaturated fat 0g, Cholesterol 15mg (5% DV), Sodium 480mg (20% DV), Potassium 125mg (4% DV), Total carbohydrate 3g (1% DV), Fiber 0g (0% DV), Sugars 2g, Protein 10g (20% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.</td>
<td></td>
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### CAPPY BRAND HAM - WATER ADDED

<table>
<thead>
<tr>
<th>Nutrition Facts</th>
<th>Calories</th>
<th>Total fat</th>
<th>Cholest</th>
<th>Sodium</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:</td>
<td>60</td>
<td>1.5</td>
<td>15</td>
<td>590</td>
<td>10</td>
</tr>
<tr>
<td>Calories 60, Fat cal 15, Total fat 1.5g (3% DV), Sat fat 0.5g (3% DV), Trans fat 0g, Monounsaturated fat 1g, Polyunsaturated fat 0g, Cholesterol 15mg (5% DV), Sodium 590mg (25% DV), Total carbohydrate 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 (18% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
**HAM**

**NUTRITION FACTS**

**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 100, Fat cal 35, Total fat 3.5g (6% DV), Sat fat 1.5g (7% DV), Trans fat 0g, Monounsat fat 2g, Polyunsat fat 0g, Cholest 30mg (10% DV), Sodium 780mg (32% DV), Potassium 240mg (7% DV), Total carb 1g (0% DV), Fiber 0g (0% DV), Sugars 0g, Protein 15g (30% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (6% 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 10, Total fat 1.5g (2% DV), Sat fat 0.5g (3% DV), Trans fat 0g, Monounsat fat 0.5g, Polyunsat fat 0g, Cholest 30mg (10% DV), Sodium 540mg (23% DV), Potassium 160mg (5% DV), Total carb 2g (1% DV), Fiber 0g (0% DV), Sugars 2g, Protein 10g (20% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (4% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

**VIRGINIA HAM - WATER ADDED**

Nutrition Facts

Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:
- Calories 60, Fat cal 10, Total fat 1g (2% DV), Sat fat 0g (0% DV), Trans fat 0g, Monounsat fat 0.5g, Polyunsat fat 0g, Cholest 25mg (8% DV), Sodium 590mg (25% DV), Potassium 180mg (5% DV), Total carb 3g (1% DV), Fiber 0g (0% DV), Sugars 3g, Protein 9g (18% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (4% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

**BOURBONRIDGE, UNCURED SMOKED HAM**

Nutrition Facts

Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:
- Calories 70, Fat cal 20, Total fat 2.5g (4% DV), Sat fat 0.5g (4% DV), Trans fat 0g, Monounsat fat 1g, Polyunsat fat 0.5g, Cholest 30mg (11% DV), Sodium 400mg (17% DV), Potassium 180mg (5% DV), Total carb 2g (0% DV), Fiber <1g (0% 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.
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: 2 oz (56g), Servings: Varied, Amount Per Serving:
Calories 170, Fat cal 120, Total fat 14g (21% DV), Sat fat 5g (25% DV), Trans fat 0g, Monounsat fat 3g, Polyunsat fat 1g, Cholest 30mg (11% DV), Sodium 560mg (23% DV), Total carb 2g (1% DV), Fiber 0g (0% DV), Sugars 0g, Protein 10g (20% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (4% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

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.

Nutrition Facts
Serv size: about 1 oz (30g), Servings: Varied, Amount Per Serving:
Calories 80, Fat cal 45, Total fat 5g (7% DV), Sat fat 1.5g (8% DV), Trans fat 0g, Monounsat fat 1.5g, Polyunsat fat 1g, Cholest 25mg (8% DV), Sodium 550mg (23% DV), Potassium 110mg (3% DV), Total carb 0g (0% DV), Fiber 0g (0% DV), Sugars 0g, Protein 8g (16% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.
### CHORIZO SPANISH STYLE DRY CURED SAUSAGE

**Nutrition Facts**
Serv size: 1 oz (28g), Servings: Varied, Amount Per Serving:
- **Calories**: 120
- **Total fat**: 10g (16% DV)
- **Cholest**: 25mg (9% DV)
- **Sodium**: 520mg (36% DV)
- **Protein**: 6g (12% DV)
Percent Daily Values (DV) are based on a 2,000 calorie diet.

### GENOA SALAMI

**Nutrition Facts**
Serv size: 2 oz (66g), Servings: Varied, Amount Per Serving:
- **Calories**: 190
- **Total fat**: 15g (23% DV)
- **Cholest**: 25mg (9% DV)
- **Sodium**: 870mg (23% DV)
- **Protein**: 9g (17% DV)
Percent Daily Values (DV) are based on a 2,000 calorie diet.

### HARD SALAMI

**Nutrition Facts**
Serv size: 1 oz (28g), Servings: Varied, Amount Per Serving:
- **Calories**: 110
- **Total fat**: 9g (14% DV)
- **Cholest**: 30mg (10% DV)
- **Sodium**: 430mg (18% DV)
- **Protein**: 6g (12% DV)
Percent Daily Values (DV) are based on a 2,000 calorie diet.

### SERRANO HAM

**Nutrition Facts**
Serv size: 1 oz (28g), Servings: Varied, Amount Per Serving:
- **Calories**: 60
- **Total fat**: 3g (4% DV)
- **Cholest**: 15mg (5% DV)
- **Sodium**: 550mg (23% DV)
- **Protein**: 9g (17% DV)
Percent Daily Values (DV) are based on a 2,000 calorie diet.
## Nutrition Facts

<table>
<thead>
<tr>
<th>Serv size: 1 oz (28g), Servings: Varied, Amount Per Serving: Calories 90, Fat cal 60, Total fat 7g (11% DV), Sat fat 3g (15% DV), Trans fat 0g, Monounsat fat 3.5g, Polynsat fat 0g, Cholest 20mg (7% DV), Sodium 490mg (20% DV), Potassium 700mg (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.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
</tr>
<tr>
<td>90</td>
</tr>
</tbody>
</table>

## Blackened Turkey Breast

<table>
<thead>
<tr>
<th>Serv size: 2 oz (56g), 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, Polynsat fat 0g, 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.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
</tr>
<tr>
<td>60</td>
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</table>

## Cajun Style Smoked Turkey Breast

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<thead>
<tr>
<th>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, Polynsat fat 0g, Cholest 25mg (8% DV), Sodium 490mg (27% DV), Potassium 160mg (5% DV), Total carb 1g (0% DV), Fiber 0g (0% DV), Sugars 0g, Protein 13g (24% 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.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
</tr>
<tr>
<td>60</td>
</tr>
</tbody>
</table>

## Salsalito Turkey Breast

<table>
<thead>
<tr>
<th>Serv size: 1 oz (28g), Servings: Varied, Amount Per Serving: Calories 90, Fat cal 60, Total fat 7g (11% DV), Sat fat 3g (15% DV), Trans fat 0g, Monounsat fat 3.5g, Polynsat fat 0g, Cholest 20mg (7% DV), Sodium 490mg (20% DV), Potassium 700mg (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.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
</tr>
<tr>
<td>60</td>
</tr>
</tbody>
</table>
TURKEY | NUTRITION FACTS

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, Polyunsat 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 (26% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (2% DV).* Percent Daily Values (DV) are based on a 2,000 calorie diet.

HICKORY SMOKED BLACK FOREST TURKEY BREAST - 40% LOWER SODIUM

**Nutrition Facts**
Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:
*Calories 60, 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 390mg (16% DV), Potassium 150mg (4% DV), Total carb 0g (0% DV), Fiber 0g (0% DV), Sugars 0g, Protein 13g (26% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (2% DV).* Percent Daily Values (DV) are based on a 2,000 calorie diet.

HONEY SMOKED TURKEY BREAST

**Nutrition Facts**
Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:
*Calories 70, Fat cal 10, Total fat 1g (2% DV), Sat fat 0g (0% DV), Trans fat 0g, Monounsat fat 0g, Polyunsat fat 0g, Cholest 25mg (8% DV), Sodium 480mg (20% DV), Potassium 190mg (5% DV), Total carb 2g (1% DV), Fiber 0g (0% DV), Sugars 2g, Protein 13g (26% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (2% DV).* Percent Daily Values (DV) are based on a 2,000 calorie diet.

MAPLE GLAZED HONEY COAT TURKEY BREAST

**Nutrition Facts**
Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:
*Calories 70, Fat cal 0.5, 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 480mg (20% DV), Potassium 180mg (5% DV), Total carb 2g (1% DV), Fiber 0g (0% DV), Sugars 2g, Protein 14g (28% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (2% DV).* Percent Daily Values (DV) are based on a 2,000 calorie diet.

MESQUITE WOOD 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, Polyunsat fat 0g, Cholest 25mg (8% DV), Sodium 440mg (18% DV), Potassium 170mg (5% DV), Total carb 0g (0% DV), Fiber 0g (0% DV), Sugars 0g, Protein 12g (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.
**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 20mg:** (7% DV), **Sodium 140mg:** (4% DV), **Potassium 140mg:** (4% DV), **Total carb 0g:** (0% DV), **Fiber 0g:** (0% DV), **Sugars 0g:**, **Protein 13g:** (26% DV), **Vitamin A:** (0% DV), **Vitamin C:** (0% DV), **Calcium:** (0% DV), **Iron:** (2% DV).

Percent Daily Values (DV) are based on a 2,000 calorie diet.
### SIMPLICITY® ALL NATURAL* TURKEY BREAST

**Nutrition Facts**

<table>
<thead>
<tr>
<th>Calories</th>
<th>Total fat</th>
<th>Cholest</th>
<th>Sodium</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>60</td>
<td>1 g</td>
<td>30 mg</td>
<td>440 mg</td>
<td>13 g</td>
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</table>

Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:
- Calories 60, Fat cal 10, Total fat 1g (1% DV), Sat fat 0g (0% DV), Trans fat 0g, Monounsat fat 0g, Polyunsat fat 0g, Cholest 30mg (9% DV), Sodium 440mg (18% DV), Total carb 1g (0% DV), Fiber 0g (0% DV), Sugars 1g, Protein 13g (26% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

### SIMPLICITY® ALL NATURAL* SMOKED TURKEY BREAST

**Nutrition Facts**

<table>
<thead>
<tr>
<th>Calories</th>
<th>Total fat</th>
<th>Cholest</th>
<th>Sodium</th>
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</thead>
<tbody>
<tr>
<td>70</td>
<td>1 g</td>
<td>30 mg</td>
<td>460 mg</td>
<td>14 g</td>
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Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:
- Calories 70, Fat cal 10, Total fat 1g (1% DV), Sat fat 0g (0% DV), Trans fat 0g, Monounsat fat 0g, Polyunsat fat 0g, Cholest 30mg (9% DV), Sodium 460mg (19% DV), Potassium 170mg (5% DV), Total carb 1g (0% DV), Fiber 0g (0% DV), Sugars 1g, Protein 14g (27% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (4% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

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

**Nutrition Facts**

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<thead>
<tr>
<th>Calories</th>
<th>Total fat</th>
<th>Cholest</th>
<th>Sodium</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>70</td>
<td>1 g</td>
<td>30 mg</td>
<td>480 mg</td>
<td>15 g</td>
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</tbody>
</table>

Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:
- Calories 70, Fat cal 10, Total fat 1g (2% DV), Sat fat 0g (0% DV), Trans fat 0g, Monounsat fat 0g, Polyunsat fat 0g, Cholest 30mg (10% DV), Sodium 480mg (20% DV), Potassium 160mg (4% DV), Total carb 1g (0% DV), Fiber 0g (0% DV), Sugars 1g, Protein 15g (29% DV), Vitamin A (0% DV), Vitamin C (2% DV), Calcium (0% DV), Iron (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

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**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

Vegetarian grain fed

Humanely raised³

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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 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.
**Nutrition Facts**

**Simplicity® All Natural® Cap-Off Top Round Roast Beef**

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

- **Calories**: 80
- **Total fat**: 3g (4% DV)
- **Cholest**: 40mg (13% DV)
- **Sodium**: 140mg (6% DV)
- **Potassium**: 200mg (6% DV)
- **Total carb**: 1g (0% DV)
- **Fiber**: 0g (0% DV)
- **Sugars**: 1g
- **Protein**: 11g (23% DV)
- **Vitamin A**: 0% DV
- **Vitamin C**: 4% DV
- **Calcium**: 0% DV
- **Iron**: 2% DV

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

**Nutrition Facts**

**Simplicity® All Natural® Applewood Smoked Uncured Ham**

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

- **Calories**: 70
- **Total fat**: 2g (3% DV)
- **Cholest**: 35mg (11% DV)
- **Sodium**: 390mg (16% DV)
- **Potassium**: 200mg (6% DV)
- **Total carb**: 1g (0% DV)
- **Fiber**: 0g (0% DV)
- **Sugars**: 0g
- **Protein**: 11g (23% 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.

**Nutrition Facts**

**Simplicity® All Natural® Uncured Ham**

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

- **Calories**: 70
- **Total fat**: 2g (3% DV)
- **Cholest**: 30mg (11% DV)
- **Sodium**: 390mg (16% DV)
- **Potassium**: 170mg (5% DV)
- **Total carb**: 1g (0% DV)
- **Fiber**: 0g (0% DV)
- **Sugars**: 1g
- **Protein**: 11g (23% DV)
- **Vitamin A**: 0% DV
- **Vitamin C**: 2% DV
- **Calcium**: 0% DV
- **Iron**: 6% DV

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

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.

DELIVERY SOURCE
Boar’s Head has been gluten free since long 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.

DELIVERY 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.

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**PROSCIUTTO & PROVOLONE PIZZA**

**SERVINGS:** 1

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

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

**DELI SOURCE**

Boar’s Head Prosciutto di Parma is a great addition to enhance the flavor of many of your favorite dishes. To fully appreciate its delicate, sweet taste, it’s best to serve Boar’s Head Prosciutto di Parma at room temperature and sliced thin. For a traditional antipasto platter, arrange slices of Prosciutto di Parma with Italian cheeses and crusted bread.
Please note that the Heart-Check Food Certification does not apply to recipes, unless expressly stated. For more information, see the American Heart Association® nutrition guidelines at heartcheckmark.org/guidelines.
QUALITY RECIPES

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 crudité(s) 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.

DELIVERY 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 a delightful crudités 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®
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.

DELIVERY 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.

DELIVERY SOURCE
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.

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.

Don’t skip out on breakfast. Eating in the morning is proven to make you more energized and focused throughout the day. Try adding Boar’s Head meats to your morning meal for extra protein.
Please note that the Heart-Check Food Certification does not apply to recipes, unless expressly stated.
For more information, see the American Heart Association® nutrition guidelines at heartcheckmark.org/guidelines.
OVENGOLD® TURKEY SWEET & SPICY CURRY PITA

SERVINGS: 4

INGREDIENTS:
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 Capocollo  
4 slices Boar's Head Genoa Salami  
2 slices Boar's Head Picante Provolone Cheese, sliced in half

Place opened roll onto a work surface. Drizzle dressing onto the bottom half of the roll. Then layer on ingredients in the following order: lettuce, tomato, onions, Pepperoni, Capocollo, Salami, and cheese. Crown with the top roll and serve.
All of our products are made with exceptional care and attention to quality.

Since 1905, Boar’s Head has been a family business. In the beginning, we had a very simple idea. Make the finest cold cuts possible. Nothing less.

We still insist on the same unwavering commitment to those standards we established long ago. Meats and cheeses that contain no gluten*, artificial colors or flavors, MSG added, fillers or by-products, or trans fat†.

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

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

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

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