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.*
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

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

CERTIFICATIONS

Turkey
- Cracked Pepper Mill® Smoked Turkey Breast
- Golden Roasted Turkey Breast - 43% Lower Sodium
- Honey Smoked Turkey Breast - Pre-sliced
- Maple Glazed Honey Coat® Turkey Breast
- Mesquite Wood Smoked- Turkey Breast - 32% Lower Sodium
- No Salt Added Turkey Breast
- Our Premium Lower Sodium Turkey Breast - 46% Lower Sodium - Skinless
- Ovengold®, Turkey Breast
- Oven Roasted Turkey Breast Pre-sliced
- Pastrami Seasoned Turkey Breast

Chicken
- All American BBQ Chicken Breast
- Blazing Buffalo® Style Chicken Breast
- EverRoast®, Chicken Breast
- Golden Classic®, Chicken Breast - 42% Lower Sodium
- Lemon Pepper Chicken Breast
- Rotisserie Seasoned Chicken Breast

Bacon
- Canadian Style Uncured Bacon - With Natural Juices

All Boar’s Head® Meats, Cheeses, Spreads & Condiments Are Gluten Free.
**Worried About Salt?**

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>Branded Deluxe Ham • 42% Lower Sodium</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 • 46% Lower Sodium - Skinless</td>
<td>360mg</td>
<td>15%</td>
</tr>
<tr>
<td>Ovengold®, Roasted Turkey Breast • 46% Lower Sodium</td>
<td>360mg</td>
<td>15%</td>
</tr>
<tr>
<td>Hickory Smoked Black Forest Turkey Breast • 40% Lower Sodium</td>
<td>390mg</td>
<td>16%</td>
</tr>
<tr>
<td>Deluxe Low Sodium Roast Beef • Cap Off Top Round</td>
<td>80mg</td>
<td>3%</td>
</tr>
<tr>
<td>No Salt Added Turkey Breast</td>
<td>55mg</td>
<td>2%</td>
</tr>
<tr>
<td>No Salt Added Roast Beef</td>
<td>40mg</td>
<td>2%</td>
</tr>
<tr>
<td>Mesquite Wood Smoked- Roasted Turkey Breast • 32% Lower Sodium</td>
<td>440mg</td>
<td>18%</td>
</tr>
<tr>
<td>Golden Roasted Turkey Breast • 43% Lower Sodium</td>
<td>380mg</td>
<td>16%</td>
</tr>
<tr>
<td>Golden Classic®, Chicken Breast • 42% Lower Sodium</td>
<td>350mg</td>
<td>15%</td>
</tr>
</tbody>
</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>2%</td>
</tr>
<tr>
<td>33% Lower Fat - 36% Lower Sodium American Cheese • Reduced Fat Pasteurized Process American Cheese</td>
<td>300mg</td>
<td>13%</td>
</tr>
</tbody>
</table>

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

DV=Daily Value
NUTRITION FACTS

Deluxe Low Sodium Roast Beef - Cap-Off Top Round

<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>3</td>
<td>35</td>
<td>80</td>
<td>15</td>
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Italian Style Roast Beef

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<thead>
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<th>Cholest</th>
<th>Sodium</th>
<th>Protein</th>
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<tbody>
<tr>
<td>80</td>
<td>3</td>
<td>35</td>
<td>370</td>
<td>13</td>
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Seasoned Filet of Roast Beef - Cap-Off Top Round

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<th>Cholest</th>
<th>Sodium</th>
<th>Protein</th>
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<tr>
<td>90</td>
<td>3</td>
<td>40</td>
<td>230</td>
<td>14</td>
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Corned Beef Top Round - Cap-Off

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<th>Calories</th>
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<th>Cholest</th>
<th>Sodium</th>
<th>Protein</th>
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<td>80</td>
<td>2.5</td>
<td>30</td>
<td>490</td>
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First Cut Corned Beef Brisket

<table>
<thead>
<tr>
<th>Calories</th>
<th>Total Fat</th>
<th>Cholest</th>
<th>Sodium</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>130</td>
<td>7</td>
<td>60</td>
<td>380</td>
<td>18</td>
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</tbody>
</table>
**TOP ROUND PASTRAMI - CAP OFF**

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

**FIRST CUT PASTRAMI BRISKET**

**Nutrition Facts**
- Serv size: 2 oz (56g), Servings: Varied
- **Calories**: 90, **Fat cal**: 4, **Total fat**: 4g (6% DV), **Sat fat**: 1.5g (7% DV), **Trans fat**: 0g, **Monounsat fat**: 2g, **Polyunsat fat**: 0g, **Cholest**: 35mg (11% 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
- **Calories**: 90, **Fat cal**: 3.5, **Total fat**: 3.5g (5% DV), **Sat fat**: 1g (5% DV), **Trans fat**: 0g, **Monounsat fat**: 2g, **Polyunsat fat**: 0g, **Cholest**: 35mg (11% DV), **Sodium**: 40mg (2% 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
- **Calories**: 80, **Fat cal**: 2.5, **Total fat**: 2.5g (4% DV), **Sat fat**: 1g (5% DV), **Trans fat**: 0g, **Monounsat fat**: 1g, **Polyunsat fat**: 0g, **Cholest**: 40mg (14% DV), **Sodium**: 350mg (15% DV), **Potassium**: 200mg (6% DV), **Total carb**: 2g (1% DV), **Fiber**: 0g (0% DV), **Sugars**: 2g, **Protein**: 12g (21% DV), **Vitamin A**: (0% DV), **Vitamin C**: (0% DV), **Calcium**: (0% DV), **Iron**: (8% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

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

**Nutrition Facts**
- Serv size: 2 oz (56g), Servings: Varied
- **Calories**: 70, **Fat cal**: 3, **Total fat**: 3g (5% DV), **Sat fat**: 1g (5% DV), **Trans fat**: 0g, **Monounsat fat**: 1.5g, **Polyunsat fat**: 0g, **Cholest**: 25mg (8% DV), **Sodium**: 310mg (13% DV), **Total carb**: 0g (0% DV), **Fiber**: 0g (0% DV), **Sugars**: 0g, **Protein**: 12g (24% DV), **Vitamin A**: (0% DV), **Vitamin C**: (0% DV), **Calcium**: (0% DV), **Iron**: (8% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.
33% LOWER SODIUM BOLOGNA

Nutrition Facts
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 4g (19% DV), Monounsat fat 5g, Polyunsat fat 0g, Cholest 35mg (11% DV), Sodium 520mg (22% DV), Potassium 115mg (3% DV), Total carb 0g (0% DV), Fiber 0g (0% DV), Sugars 0g, Protein 7g (14% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (4% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

GARLIC BOLOGNA

Nutrition Facts
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.
<table>
<thead>
<tr>
<th>Product</th>
<th>Calories</th>
<th>Total fat</th>
<th>Cholest</th>
<th>Sodium</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>BRAUNSCHWEIGER LIVERWURST - LITE</strong></td>
<td>120</td>
<td>8</td>
<td>50</td>
<td>450</td>
<td>9</td>
</tr>
<tr>
<td><strong>OLIVE TERRINE LOAF</strong></td>
<td>120</td>
<td>10</td>
<td>20</td>
<td>630</td>
<td>6</td>
</tr>
<tr>
<td><strong>PICKLE &amp; PEPPER TERRINE LOAF</strong></td>
<td>150</td>
<td>13</td>
<td>30</td>
<td>500</td>
<td>6</td>
</tr>
<tr>
<td><strong>BEEF SALAMI</strong></td>
<td>120</td>
<td>9</td>
<td>35</td>
<td>470</td>
<td>10</td>
</tr>
<tr>
<td><strong>ROASTED SALAMI</strong></td>
<td>130</td>
<td>11</td>
<td>40</td>
<td>590</td>
<td>8</td>
</tr>
<tr>
<td>Nutrition Facts</td>
<td>Servings: Varied, Serv size: 1 oz (28g), Amount Per Serving:</td>
<td>Calories 110, Total fat 9g (11% DV), Sat fat 6g (28% DV), Trans fat 0g, Cholest 30mg (10% DV), Sodium 190mg (8% DV), Total Carb 2g (1% DV), Fiber 0g (0% DV), Total sugars 0g (Incl 0g added sugars, 0% DV), Protein 6g (13% DV), Vit D (0% DV), Calcium (15% DV), Iron (0% DV), Potas (0% DV).</td>
<td></td>
<td></td>
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<td>-----------------</td>
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<td>---------------------------------------------------------------------------------------------------------------</td>
<td></td>
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</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Nutrition Facts</th>
<th>Servings: Varied, Serv size: 1 oz (28g), Amount Per Serving:</th>
<th>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 (12% DV), Vit D (0% DV), Calcium (15% DV), Iron (0% DV), Potas (0% DV).</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Nutrition Facts</th>
<th>Servings: Varied, Serv size: 1 oz (28g), Amount Per Serving:</th>
<th>Calories 110, Total fat 9g (11% DV), Sat fat 6g (28% DV), Trans fat 0g, Cholest 25mg (8% DV), Sodium 160mg (7% DV), Total Carb 1g (0% DV), Fiber 0g (0% DV), Total sugars 0g (Incl 0g added sugars, 0% DV), Protein 7g (14% DV), Vit D (0% DV), Calcium (15% DV), Iron (0% DV), Potas (0% DV).</th>
</tr>
</thead>
</table>

| Nutrition Facts | Servings: Varied, Serv size: 1 oz (28g), Amount Per Serving: | Calories 90, Total fat 6g (8% DV), Sat fat 3.5g (18% DV), Trans fat 0g, Cholest 25mg (8% DV), Sodium 180mg (8% DV), Total Carb 2g (1% DV), Fiber 0g (0% DV), Total sugars 0g (Incl 0g added sugars, 0% DV), Protein 7g (14% DV), Vit D (0% DV), Calcium (15% DV), Iron (0% DV), Potas (0% DV). |
## Vermont Cheddar Cheese (Yellow & White) - Lactose Free

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

<table>
<thead>
<tr>
<th>Calories</th>
<th>Total fat</th>
<th>Cholest</th>
<th>Sodium</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>110</td>
<td>10g</td>
<td>30mg</td>
<td>200mg</td>
<td>7g</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).

## Colby Jack 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>9g</td>
<td>25mg</td>
<td>180mg</td>
<td>6g</td>
</tr>
</tbody>
</table>

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

## Manchego Cheese, Product of Spain

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

<table>
<thead>
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<th>Total fat</th>
<th>Cholest</th>
<th>Sodium</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>110</td>
<td>9g</td>
<td>20mg</td>
<td>220mg</td>
<td>6g</td>
</tr>
</tbody>
</table>

Calories 110, Total fat 9g (11% DV), Sat fat 6g (31% DV), Trans fat 0g, Cholest 20mg (7% DV), Sodium 220mg (10% DV), Total carb 0g (0% DV), Fiber 0g (0% DV), Total sugars 0g (Incl 0g added sugars, 0% DV), Protein 6g (12% DV), Vitamin D (0% DV), Calcium (15% DV), Iron (0% DV), Potas (0% DV).

## Smoked Gouda Cheese

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

<table>
<thead>
<tr>
<th>Calories</th>
<th>Total fat</th>
<th>Cholest</th>
<th>Sodium</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>100</td>
<td>9g</td>
<td>20mg</td>
<td>220mg</td>
<td>6g</td>
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</tbody>
</table>

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

## Smoked Gouda Cheese

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

<table>
<thead>
<tr>
<th>Calories</th>
<th>Total fat</th>
<th>Cholest</th>
<th>Sodium</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>90</td>
<td>7g</td>
<td>15mg</td>
<td>380mg</td>
<td>6g</td>
</tr>
</tbody>
</table>

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

## American Cheese (Yellow & White)

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

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

Calories 110, Total fat 9g (12% DV), Sat fat 6g (30% DV), Trans fat 0g, Cholest 25mg (8% DV), Sodium 350mg (15% DV), Total Carb 1g (0% DV), Fiber 0g (0% DV), Total sugars 0g (Incl 0g added sugars, 0% DV), Protein 6g (12% DV), Vit D (0% DV), Calcium (15% DV), Iron (0% DV), Potas (2% DV).
### 33% Lower Fat & 36% Lower Sodium American Cheese

**Nutrition Facts**

<table>
<thead>
<tr>
<th>Servings: About 80, Serv size: 1 oz (28g), Amount Per Serving:</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Calories</strong> 90, <strong>Total fat</strong> 6g (8% DV), Sat fat 4.5g (23% DV), <strong>Trans fat</strong> 0g, <strong>Cholesterol</strong> 20mg (7% DV), <strong>Sodium</strong> 300mg (13% DV), <strong>Total Carbohydrate</strong> 2g (1% DV), Fiber 0g (0% DV), Total sugars 0g (Incl 0g added sugars, 0% DV), <strong>Protein</strong> 7g (14% DV), Vit D (0% DV), Calcium (15% DV), Iron (0% DV), Potas (2% DV).</td>
</tr>
</tbody>
</table>

### Hickory Smoked Gruyere Cheese, Product of Germany

**Nutrition Facts**

<table>
<thead>
<tr>
<th>Servings: Varied, Serv size: 1 oz (28g), Amount Per Serving:</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Calories</strong> 100, <strong>Total fat</strong> 8g (10% DV), Sat fat 6g (30% DV), <strong>Trans fat</strong> 0g, <strong>Cholesterol</strong> 30mg (10% DV), <strong>Sodium</strong> 170mg (7% DV), <strong>Total Carbohydrate</strong> 0g (0% DV), Fiber 0g (0% DV), Total sugars 0g (Incl 0g added sugars, 0% DV), <strong>Protein</strong> 6g (12% DV), Vit D (0% DV), Calcium (15% DV), Iron (0% DV), Potas (0% DV).</td>
</tr>
</tbody>
</table>

### Fontina Cheese

**Nutrition Facts**

<table>
<thead>
<tr>
<th>Servings: Varied, Serv size: 1 oz (28g), Amount Per Serving:</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Calories</strong> 110, <strong>Total fat</strong> 10g (13% DV), Sat fat 5g (25% DV), <strong>Trans fat</strong> 0g, <strong>Cholesterol</strong> 30mg (10% DV), <strong>Sodium</strong> 75mg (3% DV), <strong>Total Carbohydrate</strong> 0g (0% DV), Fiber 0g (0% DV), Total sugars 0g (Incl 0g added sugars, 0% DV), <strong>Protein</strong> 6g (12% DV), Vit D (0% DV), Calcium (15% DV), Iron (0% DV), Potas (0% DV).</td>
</tr>
</tbody>
</table>

### Low Sodium Munster Cheese

**Nutrition Facts**

<table>
<thead>
<tr>
<th>Servings: Varied, Serv size: 1 oz (28g), Amount Per Serving:</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Calories</strong> 100, <strong>Total fat</strong> 8g (10% DV), Sat fat 5g (25% DV), <strong>Trans fat</strong> 0g, <strong>Cholesterol</strong> 20mg (7% DV), <strong>Sodium</strong> 75mg (3% DV), <strong>Total Carbohydrate</strong> 0g (0% DV), Fiber 0g (0% DV), Total sugars 0g (Incl 0g added sugars, 0% DV), <strong>Protein</strong> 6g (11% DV), Vit D (0% DV), Calcium (15% DV), Iron (0% DV), Potas (0% DV).</td>
</tr>
</tbody>
</table>

### 44% Lower Sodium Provolone Cheese

**Nutrition Facts**

<table>
<thead>
<tr>
<th>Servings: Varied, Serv size: 1 oz (28g), Amount Per Serving:</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Calories</strong> 100, <strong>Total fat</strong> 7g (9% DV), Sat fat 4.5g (23% DV), <strong>Trans fat</strong> 0g, <strong>Cholesterol</strong> 20mg (7% DV), <strong>Sodium</strong> 140mg (6% DV), <strong>Total Carbohydrate</strong> 1g (0% DV), Fiber 0g (0% DV), Total sugars 0g (Incl 0g added sugars, 0% DV), <strong>Protein</strong> 7g (14% DV), Vit D (0% DV), Calcium (15% DV), Iron (0% DV), Potas (0% DV).</td>
</tr>
</tbody>
</table>
### PICANTE PROVOLONE ALL NATURAL CHEESE

**Nutrition Facts**

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

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

**Calories 100**, **Total fat 8g** (10% DV), **Sat fat 5g** (25% DV), **Trans fat 0g**, **Cholest 25mg** (8% DV), **Sodium 220mg** (10% DV), **Total Carb 1g** (0% DV), **Fiber 0g** (0% DV), Total sugars 0g (Incl 0g added sugars, 0% DV), **Protein 7g** (14% DV), **Vit D 0% DV), Calcium (15% DV), Iron (0% DV), Potas (1% DV).

### BABY SWISS CHEESE

**Nutrition Facts**

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

<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>9</td>
<td>25 mg</td>
<td>135 mg</td>
<td>7</td>
</tr>
</tbody>
</table>

**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:

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

**Calories 110**, **Total fat 8g** (11% DV), **Sat fat 6g** (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, GROUER ALL NATURAL 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>120</td>
<td>9</td>
<td>20 mg</td>
<td>230 mg</td>
<td>7</td>
</tr>
</tbody>
</table>

**Calories 120**, **Total fat 9g** (12% DV), **Sat fat 6g** (30% DV), **Trans fat 0g**, **Cholest 35mg** (12% DV), **Sodium 230mg** (10% DV), **Total Carb 0g** (0% DV), **Fiber 0g** (0% DV), Total sugars 0g (Incl 0g added sugars, 0% DV), **Protein 8g** (16% DV), **Vit D 0% DV), Calcium (20% DV), Iron (0% DV), Potas (0% DV).

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

**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>10</td>
<td>35 mg</td>
<td>210 mg</td>
<td>6</td>
</tr>
</tbody>
</table>

**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).
CHEESE | NUTRITION FACTS

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).

WHOLE MILK LOW MOISTURE MOZZARELLA CHEESE

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

MUEENSTER CHEESE

Nutrition Facts
Servings: Varied, Serv size: 1 oz (28g), Amount Per Serving:
**Calories 100**, Total fat 8g (11% DV), Sat fat 5g (26% DV), Trans fat 0g, Cholest 25mg (9% DV), Sodium 190mg (8% DV), Total Carb 1g (0% DV), Fiber 0g (0% DV), Total sugars 0g (Incl 0g added sugars, 0% DV), Protein 6g (13% DV), Vit D (0% DV), Calcium (15% DV), Iron (0% DV), Potas (0% DV).

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:

<table>
<thead>
<tr>
<th>Calories</th>
<th>Total fat</th>
<th>Cholest</th>
<th>Sodium</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>100</td>
<td>8 g</td>
<td>25 mg</td>
<td>250 mg</td>
<td>7 g</td>
</tr>
</tbody>
</table>

- **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:

<table>
<thead>
<tr>
<th>Calories</th>
<th>Total fat</th>
<th>Cholest</th>
<th>Sodium</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>100</td>
<td>9 g</td>
<td>25 mg</td>
<td>220 mg</td>
<td>6 g</td>
</tr>
</tbody>
</table>

- **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:

<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>10 g</td>
<td>30 mg</td>
<td>250 mg</td>
<td>6 g</td>
</tr>
</tbody>
</table>

- **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>120</td>
<td>10 g</td>
<td>30 mg</td>
<td>70 mg</td>
<td>7 g</td>
</tr>
</tbody>
</table>

- **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.
### ALL AMERICAN BBQ CHICKEN BREAST

**Nutrition Facts**

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

- **Calories:** 70, **Total fat:** 1g (2% DV), **Sat fat:** 0g (0% DV), **Trans fat:** 0g, **Monounsat fat:** 0g, **Polyunsat fat:** 0g, **Cholest:** 35mg (12% DV), **Sodium:** 370mg (15% DV), **Potassium:** 160mg (5% DV), **Total carb:** 1g (2% DV), **Fiber:** 0g (0% DV), **Sugars:** 2g, **Protein:** 10g (18% DV), **Vitamin A:** 0% DV, **Vitamin C:** 2% DV, **Calcium:** 0% DV, **Iron:** 4% DV.

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

### BLAZING BUFFALO®, STYLE

**OVEN ROASTED CHICKEN BREAST**

**Nutrition Facts**

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

- **Calories:** 60, **Total fat:** 1g (2% DV), **Sat fat:** 0g (0% DV), **Trans fat:** 0g, **Monounsat fat:** 0g, **Polyunsat fat:** 0g, **Cholest:** 40mg (13% DV), **Sodium:** 460mg (19% DV), **Potassium:** 210mg (6% DV), **Total carb:** 1g (0% DV), **Fiber:** 0g (0% DV), **Sugars:** 0g, **Protein:** 11g (26% DV), **Vitamin A:** 2% DV, **Vitamin C:** 2% DV, **Calcium:** 0% DV, **Iron:** 2% DV.

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

### CHIPOTLE OVEN ROASTED CHICKEN BREAST

**Nutrition Facts**

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

- **Calories:** 60, **Total fat:** 1.5g (2% DV), **Sat fat:** 0g (0% DV), **Trans fat:** 0g, **Monounsat fat:** 0.5g, **Polyunsat fat:** 0g, **Cholest:** 40mg (13% DV), **Sodium:** 420mg (18% DV), **Potassium:** 180mg (5% DV), **Total carb:** 1g (0% DV), **Fiber:** 0g (0% DV), **Sugars:** 0g, **Protein:** 13g (26% DV), **Vitamin A:** 0% DV, **Vitamin C:** 0% DV, **Calcium:** 2% DV, **Iron:** 4% DV.

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

### JERK OVEN ROASTED CHICKEN BREAST

**Nutrition Facts**

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

- **Calories:** 60, **Total fat:** 1g (2% DV), **Sat fat:** 0g (0% DV), **Trans fat:** 0g, **Monounsat fat:** 0.5g, **Polyunsat fat:** 0g, **Cholest:** 30mg (10% DV), **Sodium:** 460mg (13% DV), **Potassium:** 160mg (5% DV), **Total carb:** 1g (0% DV), **Fiber:** 0g (0% DV), **Sugars:** 1g, **Protein:** 10g (18% DV), **Vitamin A:** 0% DV, **Vitamin C:** 2% DV, **Calcium:** 0% DV, **Iron:** 2% DV.

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

### EVERROAST® OVEN ROASTED CHICKEN BREAST

**Nutrition Facts**

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

- **Calories:** 60, **Total fat:** 1g (2% DV), **Sat fat:** 0g (0% DV), **Trans fat:** 0g, **Monounsat fat:** 0.5g, **Polyunsat fat:** 0g, **Cholest:** 30mg (10% DV), **Sodium:** 440mg (16% DV), **Potassium:** 160mg (5% DV), **Total carb:** <1g (0% DV), **Fiber:** 0g (0% DV), **Sugars:** 1g, **Protein:** 10g (18% DV), **Vitamin A:** 0% DV, **Vitamin C:** 2% DV, **Calcium:** 0% DV, **Iron:** 2% DV.

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

#### ICHIBAN TERIYAKI. STYLE OVEN ROASTED CHICKEN BREAST

**Nutrition Facts**
Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:
- **Calories**: 70
- **Total fat**: 1.5g (2% DV)
- **Cholest**: 35mg (12% DV)
- **Sodium**: 510mg (21% DV)
- **Potassium**: 160mg (5% DV)
- **Total carb**: 2g (1% DV)
- **Fiber**: 0g (0% DV)
- **Sugars**: 0g
- **Protein**: 12g (23% DV)
- **Vitamin A**: (0% DV)
- **Vitamin C**: (0% DV)
- **Calcium**: (0% DV)
- **Iron**: (4% DV)

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

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#### LEMON PEPPER OVEN ROASTED CHICKEN BREAST

**Nutrition Facts**
Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:
- **Calories**: 60
- **Total fat**: 1g (2% DV)
- **Cholest**: 35mg (12% DV)
- **Sodium**: 400mg (17% DV)
- **Potassium**: 180mg (5% DV)
- **Total carb**: 2g (1% DV)
- **Fiber**: 0g (0% DV)
- **Sugars**: 0g
- **Protein**: 11g (20% DV)
- **Vitamin A**: (0% DV)
- **Vitamin C**: (0% DV)
- **Calcium**: (0% DV)
- **Iron**: (2% DV)

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

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#### ROTISSERIE SEASONED OVEN ROASTED CHICKEN BREAST

**Nutrition Facts**
Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:
- **Calories**: 60
- **Total fat**: 1.5g (2% DV)
- **Cholest**: 35mg (12% DV)
- **Sodium**: 400mg (17% DV)
- **Potassium**: 180mg (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.

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

**Nutrition Facts**
Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:
- **Calories**: 60
- **Total fat**: 1.5g (2% DV)
- **Cholest**: 35mg (12% DV)
- **Sodium**: 350mg (15% DV)
- **Potassium**: 170mg (5% DV)
- **Total carb**: 0g (0% DV)
- **Fiber**: 0g (0% DV)
- **Sugars**: 0g
- **Protein**: 12g (24% DV)
- **Vitamin A**: (0% DV)
- **Vitamin C**: (0% DV)
- **Calcium**: (0% DV)
- **Iron**: (4% DV)

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

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#### MADRASALA, CURRY CHICKEN BREAST

**Nutrition Facts**
Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:
- **Calories**: 60
- **Total fat**: 1g (2% DV)
- **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 Bold Ichiban Teriyaki® Style
Oven Roasted Chicken Breast
### Gourmet Pepper Brand Ham - Water Added

**Nutrition Facts**

- **Serv size:** 2 oz (56g), Servings: Varied, Amount Per Serving:
- **Calories:** 60, **Total Fat:** 1g (2% DV), **Sodium:** 500mg (21% DV), **Potassium:** 180mg (5% DV), **Total Carbohydrates:** 2g (1% DV), **Sugars:** 1g, **Protein:** 10g (20% DV), **Vitamin A:** 0%, **Calcium:** 0%, **Iron:** 6%.

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

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### Maple Glazed Honey Coat. Ham - Water Added

**Nutrition Facts**

- **Serv size:** 2 oz (56g), Servings: Varied, Amount Per Serving:
- **Calories:** 60, **Total Fat:** 1g (2% DV), **Sodium:** 570mg (24% DV), **Potassium:** 180mg (5% DV), **Total Carbohydrates:** 3g (1% DV), **Sugars:** 3g, **Protein:** 10g (20% DV), **Vitamin A:** 0%, **Calcium:** 0%, **Iron:** 6%.

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

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### Pesto Parmesan Oven Roasted Ham

**Nutrition Facts**

- **Serv size:** 2 oz (56g), Servings: Varied, Amount Per Serving:
- **Calories:** 70, **Total Fat:** 2.5g (3% DV), **Sodium:** 550mg (23% DV), **Potassium:** 170mg (5% DV), **Total Carbohydrates:** 1g (0% DV), **Sugars:** 0g, **Protein:** 12g (23% DV), **Vitamin A:** 8%, **Calcium:** 0%, **Iron:** 2%.

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

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### Rosemary & Sundried Tomato Ham - With Natural Juices

**Nutrition Facts**

- **Serv size:** 2 oz (56g), Servings: Varied, Amount Per Serving:
- **Calories:** 70, **Total Fat:** 2.5g (4% DV), **Sodium:** 500mg (21% DV), **Total Carbohydrates:** 2g (1% DV), **Sugars:** 0g, **Protein:** 10g (20% DV), **Vitamin A:** 0%, **Calcium:** 0%, **Iron:** 4%.

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

---

### Smoked Virginia Ham - Water Added

**Nutrition Facts**

- **Serv size:** 2 oz (56g), Servings: Varied, Amount Per Serving:
- **Calories:** 60, **Total Fat:** 1g (2% DV), **Sodium:** 590mg (25% DV), **Total Carbohydrates:** 2g (1% DV), **Sugars:** 0g, **Protein:** 9g (18% DV), **Vitamin A:** 0%, **Calcium:** 0%, **Iron:** 4%.

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

**Nutrition Facts**

<table>
<thead>
<tr>
<th></th>
<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>30</td>
<td>460</td>
<td>10</td>
<td></td>
</tr>
</tbody>
</table>

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**: 460mg (19% 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.

**Ham - Water Added**

**Nutrition Facts**

<table>
<thead>
<tr>
<th></th>
<th>Calories</th>
<th>Total fat</th>
<th>Cholest</th>
<th>Sodium</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>70</td>
<td>2</td>
<td>30</td>
<td>600</td>
<td>11</td>
<td></td>
</tr>
</tbody>
</table>

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

- **Calories**: 70, **Total fat**: 2g (3% DV), **Sat fat**: 0.5g (3% DV), **Trans fat**: 0g, **Monounsaturated fat**: 1g, **Polyunsaturated fat**: 0g, **Cholesterol**: 25mg (8% DV), **Sodium**: 600mg (25% DV), **Potassium**: 200mg (6% DV), **Total carb**: 2g (1% DV), **Fiber**: 0g (0% DV), **Sugars**: 2g, **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.

**Italian Cappy Style Ham - Water Added**

**Nutrition Facts**

<table>
<thead>
<tr>
<th></th>
<th>Calories</th>
<th>Total fat</th>
<th>Cholest</th>
<th>Sodium</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>70</td>
<td>3</td>
<td>35</td>
<td>730</td>
<td>9</td>
<td></td>
</tr>
</tbody>
</table>

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

- **Calories**: 70, **Total fat**: 3g (5% DV), **Sat fat**: 1g (5% DV), **Trans fat**: 0g, **Monounsaturated fat**: 1.5g, **Polyunsaturated fat**: 0g, **Cholesterol**: 35mg (12% DV), **Sodium**: 730mg (30% DV), **Potassium**: 150mg (4% DV), **Total carb**: 2g (1% DV), **Fiber**: 0g (0% DV), **Sugars**: 2g, **Protein**: 9g (18% DV), **Vitamin A**: 0% DV, **Vitamin C**: 0% DV, **Calcium**: 0% DV, **Iron**: 2% DV. Percent Daily Values (DV) are based on a 2,000 calorie diet.
<table>
<thead>
<tr>
<th>HAM</th>
<th>NUTRITION FACTS</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>HAM</strong></td>
<td><strong>NUTRITION FACTS</strong></td>
</tr>
<tr>
<td><strong>Nutrition Facts</strong></td>
<td><strong>Nutrition Facts</strong></td>
</tr>
<tr>
<td>Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving: Calories 110, Fat cal 20, Total fat 2.5g (4% DV), Sat fat 0.5g (3% DV), Trans fat 0.5g, Monounsat fat 1.5g, Polyunsat fat 0.5g, Cholest 30mg (10% DV), Sodium 540mg (25% DV), Total carb 3g (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>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 0.5g, Monounsat fat 0.5g, Polyunsat fat 0g, Cholest 25mg (8% DV), Sodium 590mg (25% DV), Total carb 0g (0% DV), Fiber 0g (0% DV), Sugars 0g, Protein 2g (10% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (4% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.</td>
</tr>
<tr>
<td><strong>HOT ITALIAN CAPPY STYLE HAM - WATER ADDED</strong></td>
<td><strong>SWEET SLICE, SMOKED UNCURED HAM - CONTAINS 7% SEASONING SOLUTION</strong></td>
</tr>
<tr>
<td><strong>Tavern Ham - with Natural Juices</strong></td>
<td><strong>Virginia Ham - Water Added</strong></td>
</tr>
<tr>
<td><strong>Nutrition Facts</strong></td>
<td><strong>Nutrition Facts</strong></td>
</tr>
<tr>
<td>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 0.5g, Monounsat fat 1g, Polyunsat fat 0.5g, Cholest 30mg (11% DV), Sodium 400mg (17% DV), Potassium 180mg (5% DV), Total carb 2g (1% DV), Fiber &lt;1g (1% DV), Sugars 2g, Protein 10g (31% 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>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 0.5g, Monounsat fat 0.5g, Polyunsat fat 0g, Cholest 25mg (8% DV), Sodium 590mg (25% DV), Total carb 0g (0% DV), Fiber 0g (0% DV), Sugars 0g, Protein 10g (20% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (4% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.</td>
</tr>
<tr>
<td><strong>Bourbonridge, Smoked Uncured Ham</strong></td>
<td><strong>20</strong></td>
</tr>
</tbody>
</table>
### CANADIAN STYLE UNCURED BACON

**Nutrition Facts**

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

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

- **Calories**: 110, **Fat cal**: 80, **Total fat**: 8g (13% DV), **Sat fat**: 3.5g (16% DV), **Trans fat** 0g, **Cholest**: 25mg (9% DV), **Sodium**: 470mg (19% DV), **Total carb**: 0g (0% DV), **Fiber**: 0g (0% DV), **Sugars**: 0g, **Protein**: 7g (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.

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

**Nutrition Facts**

<table>
<thead>
<tr>
<th>Calories</th>
<th>Total fat</th>
<th>Cholest</th>
<th>Sodium</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>70</td>
<td>2</td>
<td>25 mg</td>
<td>480 mg</td>
<td>11 g</td>
</tr>
</tbody>
</table>

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

- **Calories**: 70, **Fat cal**: 20, **Total fat**: 2g (3% DV), **Sat fat**: 1g (5% DV), **Trans fat** 0g, **Monounsat fat**: 1g, **Polyunsat fat**: 0g, **Cholest**: 25mg (8% DV), **Sodium**: 480mg (20% DV), **Total carb**: 1g (0% DV), **Fiber**: 0g (0% DV), **Sugars**: 1g, **Protein**: 11g (22% DV), **Vitamin A**: 0% DV, **Vitamin C**: 0% DV, **Calcium**: 0% DV, **Iron**: 0% DV. Percent Daily Values (DV) are based on a 2,000 calorie diet.

### MORTADELLA

**Nutrition Facts**

<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>160</td>
<td>14</td>
<td>30 mg</td>
<td>560 mg</td>
<td>9 g</td>
</tr>
</tbody>
</table>

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

- **Calories**: 160, **Fat cal**: 80, **Total fat**: 14g (21% DV), **Sat fat**: 5g (25% DV), **Trans fat** 0g, **Monounsat fat**: 3g, **Polyunsat fat**: 1g, **Cholest**: 30mg (11% DV), **Sodium**: 560mg (23% DV), **Total carb**: 0g (0% DV), **Fiber**: 0g (0% DV), **Sugars**: 0g, **Protein**: 9g (18% DV), **Vitamin A**: 0% DV, **Vitamin C**: 0% DV, **Calcium**: 0% DV, **Iron**: 4% DV. Percent Daily Values (DV) are based on a 2,000 calorie diet.

### MORTADELLA WITH PISTACHIO NUTS

**Nutrition Facts**

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

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.

### UNCURED PANZETTA

**Nutrition Facts**

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<th>Calories</th>
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<th>Sodium</th>
<th>Protein</th>
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</thead>
<tbody>
<tr>
<td>50</td>
<td>4.5</td>
<td>10 mg</td>
<td>230 mg</td>
<td>2 g</td>
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</table>

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

**Charcuterie**

<table>
<thead>
<tr>
<th>Calories</th>
<th>Total fat</th>
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<th>Protein</th>
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</thead>
<tbody>
<tr>
<td>90</td>
<td>6g</td>
<td>20mg</td>
<td>300mg</td>
<td>8g</td>
</tr>
</tbody>
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<table>
<thead>
<tr>
<th>Calories</th>
<th>Total fat</th>
<th>Cholest</th>
<th>Sodium</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>190</td>
<td>15g</td>
<td>430mg</td>
<td>670mg</td>
<td>12g</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Calories</th>
<th>Total fat</th>
<th>Cholest</th>
<th>Sodium</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>110</td>
<td>9g</td>
<td>430mg</td>
<td>670mg</td>
<td>6g</td>
</tr>
</tbody>
</table>

**Prosciutto di Parma, Product of Italy**

**Sandwich Style Pepperoni**

**Chorizo Serrano**

**Genoa Salami**

**Hard Salami**

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

**Serv size:** 1 oz (28g), **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 g</td>
<td>0.5 g</td>
<td>8 mg</td>
<td>420 mg</td>
<td>7 g</td>
</tr>
</tbody>
</table>

**Variations:**
- **Uncured Sopressata Grande (Hot & Sweet)**
  - Calories: 90, Fat cal: 60, Total fat: 7g (11% DV), Sat fat: 3g (14% DV), Trans fat: 0g, Monounsaturated fat: 3g
  - Cholesterol: 25mg (9% DV), Sodium: 590mg (25% DV), Total carb: 0g (0% DV), Sugars: 0g, Protein: 7g (15% DV), Percent Daily Values (DV) are based on a 2,000 calorie diet.

- **Uncured Capocollo (Hot & Sweet)**
  - Calories: 60, Fat cal: 5, Total fat: 0.5g (1% DV), Sat fat: 0g (0% DV), Trans fat: 0g, Monounsaturated fat: 0g
  - Cholesterol: 30mg (10% DV), Sodium: 340mg (14% DV), Total carb: 0g (0% DV), Sugars: 0g, Protein: 9g (18% DV), Percent Daily Values (DV) are based on a 2,000 calorie diet.

- **Blackened Turkey Breast**
  - Calories: 60, Fat cal: 5, Total fat: 0.5g (1% DV), Sat fat: 0g (0% DV), Trans fat: 0g, Monounsaturated fat: 0g
  - Cholesterol: 25mg (8% DV), Sodium: 470mg (20% DV), Potassium: 180mg (5% DV), Total carb: 1g (2% DV), Sugars: 1g, Protein: 12g (21% DV), Percent Daily Values (DV) are based on a 2,000 calorie diet.

- **Aloha Sunshine, Turkey Breast**
  - Calories: 60, Fat cal: 10, Total fat: 1g (2% DV), Sat fat: 0g (0% DV), Trans fat: 0g, Monounsaturated fat: 0g, Cholesterol: 25mg (8% DV), Sodium: 470mg (20% DV), Potassium: 180mg (5% DV), Total carb: 1g (2% DV), Sugars: 1g, Protein: 12g (21% 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:

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<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>0.5 g</td>
<td>25 mg</td>
<td>650 mg</td>
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**Nutrition Facts**

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

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<thead>
<tr>
<th>Calories</th>
<th>Total fat</th>
<th>Cholest</th>
<th>Sodium</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>60</td>
<td>0.5 g</td>
<td>25 mg</td>
<td>480 mg</td>
<td>13 g</td>
</tr>
</tbody>
</table>

**Nutrition Facts**

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

<table>
<thead>
<tr>
<th>Calories</th>
<th>Total fat</th>
<th>Cholest</th>
<th>Sodium</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>60</td>
<td>0.5 g</td>
<td>25 mg</td>
<td>480 mg</td>
<td>13 g</td>
</tr>
</tbody>
</table>

**Nutrition Facts**

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

<table>
<thead>
<tr>
<th>Calories</th>
<th>Total fat</th>
<th>Cholest</th>
<th>Sodium</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>60</td>
<td>0.5 g</td>
<td>25 mg</td>
<td>390 mg</td>
<td>13 g</td>
</tr>
</tbody>
</table>

**Nutrition Facts**

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

<table>
<thead>
<tr>
<th>Calories</th>
<th>Total fat</th>
<th>Cholest</th>
<th>Sodium</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>70</td>
<td>0.5 g</td>
<td>25 mg</td>
<td>480 mg</td>
<td>13 g</td>
</tr>
</tbody>
</table>

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:** 1g (2% DV)
- **Sat fat:** 0g (0% DV)
- **Trans fat:** 0g
- **Monounsat fat:** 0g, Poylounsat 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 (24% DV)

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

### Mesquite Wood Smoked Roasted Turkey Breast

**Nutrition Facts**

- **Serv size:** 2 oz (56g), Servings: Varied, Amount Per Serving:
- **Calories:** 60
- **Fat cal:** 1
- **Total fat:** 0.5g (1% DV)
- **Sat fat:** 0g (0% DV)
- **Trans fat:** 0g
- **Monounsat fat:** 0g, Poylounsat fat 0g
- **Cholest:** 25mg (8% DV)
- **Sodium:** 440mg (18% DV)
- **Potassium:** 190mg (5% DV)
- **Total carb:** 0g (0% DV)
- **Fiber:** 0g (0% DV)
- **Sugars:** 0g
- **Protein:** 14g (24% DV)

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

### No Salt Added Oven Roasted Turkey Breast

**Nutrition Facts**

- **Serv size:** 2 oz (56g), Servings: Varied, Amount Per Serving:
- **Calories:** 60
- **Fat cal:** 1
- **Total fat:** 0g (0% DV)
- **Sat fat:** 0g (0% DV)
- **Trans fat:** 0g
- **Monounsat fat:** 0g, Poylounsat fat 0g
- **Cholest:** 20mg (7% DV)
- **Sodium:** 360mg (15% DV)
- **Potassium:** 150mg (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.*

### Our Premium 46% Lower Sodium Oven Roasted Turkey Breast

**Nutrition Facts**

- **Serv size:** 2 oz (56g), Servings: Varied, Amount Per Serving:
- **Calories:** 60
- **Fat cal:** 1
- **Total fat:** 0g (0% DV)
- **Sat fat:** 0g (0% DV)
- **Trans fat:** 0g
- **Monounsat fat:** 0g, Poylounsat fat 0g
- **Cholest:** 20mg (7% DV)
- **Sodium:** 360mg (15% DV)
- **Potassium:** 140mg (4% DV)
- **Total carb:** 0g (0% DV)
- **Fiber:** 0g (0% DV)
- **Sugars:** 0g
- **Protein:** 11g (19% DV)

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

### OvenGold Roasted Turkey Breast

**Nutrition Facts**

- **Serv size:** 2 oz (56g), Servings: Varied, Amount Per Serving:
- **Calories:** 60
- **Fat cal:** 1
- **Total fat:** 0g (0% DV)
- **Sat fat:** 0g (0% DV)
- **Trans fat:** 0g
- **Monounsat fat:** 0g, Poylounsat fat 0g
- **Cholest:** 20mg (7% DV)
- **Sodium:** 360mg (15% DV)
- **Potassium:** 115mg (4% DV)
- **Total carb:** 0g (0% DV)
- **Fiber:** 0g (0% DV)
- **Sugars:** 0g
- **Protein:** 11g (19% 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 25mg (8% DV), Sodium 460mg (19% DV), Potassium 190mg (5% DV), Total carb 1g (0% DV), Fiber 0g (0% DV), Sugars 0g, Protein 13g (23% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.
### SIMPLICITY® ALL NATURAL® LEMON SAGE TURKEY BREAST

**Nutrition Facts**

- **Serv size:** 2 oz (56g), **Servings:** Varied, **Amount Per Serving:**
- **Calories:** 60, **Total fat:** 0.5g (1% DV), **Sat fat:** 0g (0% DV), **Trans fat:** 0g, **Monounsat fat:** 0g, **Polyunsat fat:** 0g, **Cholest:** 25mg (8% DV), **Sodium:** 670mg (28% 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:** (4% DV).

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

### SIMPLICITY® ORGANIC HERB SEASONED TURKEY BREAST

**Nutrition Facts**

- **Serv size:** 2 oz (56g), **Servings:** Varied, **Amount Per Serving:**
- **Calories:** 60, **Total fat:** 0.5g (1% DV), **Sat fat:** 0g (0% DV), **Trans fat:** 0g, **Monounsat fat:** 0g, **Polyunsat fat:** 0g, **Cholest:** 35mg (12% DV), **Sodium:** 190mg (8% 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:** (8% DV).

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

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

**Nutrition Facts**

- **Serv size:** 2 oz (56g), **Servings:** Varied, **Amount Per Serving:**
- **Calories:** 80, **Total fat:** 1g (5% DV), **Sat fat:** 0g (0% DV), **Trans fat:** 0g, **Monounsat fat:** 0g, **Polyunsat fat:** 0g, **Cholest:** 60mg (20% DV), **Sodium:** 490mg (20% DV), **Potassium:** 180mg (5% DV), **Total carb:** 2g (1% DV), **Fiber:** 0g (0% DV), **Sugars:** 1g, **Protein:** 12g (24% DV), **Vitamin A:** (0% DV), **Vitamin C:** (0% DV), **Calcium:** (0% DV), **Iron:** (4% DV).

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

### SIMPLICITY® ALL NATURAL® GRILLED ROAST BEEF

**Nutrition Facts**

- **Serv size:** 2 oz (56g), **Servings:** Varied, **Amount Per Serving:**
- **Calories:** 70, **Total fat:** 2g (3% DV), **Sat fat:** 0.5g (3% DV), **Trans fat:** 0g, **Monounsat fat:** 0g, **Polyunsat fat:** 0g, **Cholest:** 30mg (11% DV), **Sodium:** 390mg (16% DV), **Potassium:** 170mg (5% DV), **Total carb:** 0g (0% DV), **Fiber:** 0g (0% DV), **Sugars:** 1g, **Protein:** 11g (23% DV), **Vitamin A:** (0% DV), **Vitamin C:** (2% DV), **Calcium:** (0% DV), **Iron:** (2% DV).

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

### SIMPLICITY® ALL NATURAL® UNCURED† HAM

**Nutrition Facts**

- **Serv size:** 2 oz (56g), **Servings:** Varied, **Amount Per Serving:**
- **Calories:** 70, **Total fat:** 2g (3% DV), **Sat fat:** 0.5g (3% DV), **Trans fat:** 0g, **Monounsat fat:** 0g, **Polyunsat fat:** 0g, **Cholest:** 30mg (11% DV), **Sodium:** 390mg (16% DV), **Potassium:** 170mg (5% DV), **Total carb:** 0g (0% DV), **Fiber:** 0g (0% DV), **Sugars:** 1g, **Protein:** 11g (23% DV), **Vitamin A:** (0% DV), **Vitamin C:** (2% DV), **Calcium:** (0% DV), **Iron:** (2% DV).

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

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

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

Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:
- Calories 90, Fat cal 60, Total fat 7g (3% DV), Cholest 35mg (11% DV), Sodium 390mg (18% DV), Potassium 190mg (5% DV), Total carb 1g (0% DV), Protein 6g (12% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

**Nutrition Facts**

**Simplicity® All Natural® Brown Sugar Uncured® Ham**

Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:
- Calories 110, Fat cal 80, Total fat 8g (13% DV), Cholest 35mg (11% DV), Sodium 470mg (18% DV), Potassium 190mg (5% DV), Total carb 1g (0% DV), Protein 7g (14% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

**Nutrition Facts**

**Simplicity® All Natural® Prosciutto**

Serv size: 1 oz (28g), Servings: Varied, Amount Per Serving:
- Calories 70, Fat cal 20, Total fat 2g (3% DV), Cholest 35mg (11% DV), Sodium 440mg (18% DV), Potassium 190mg (5% DV), Total carb 1g (0% DV), Protein 11g (23% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

**Nutrition Facts**

**Simplicity® All Natural® Uncured Bianco d’Oro® Italian Dry Salame**

Serv size: 1 oz (28g), Servings: Varied, Amount Per Serving:
- Calories 110, Fat cal 60, Total fat 8g (13% DV), Cholest 25mg (9% DV), Sodium 470mg (19% DV), Potassium 190mg (5% DV), Total carb 1g (0% DV), Protein 7g (14% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

**Nutrition Facts**

**Simplicity® All Natural® Uncured Genoa Salame**

Serv size: 1 oz (28g), Servings: Varied, Amount Per Serving:
- Calories 90, Fat cal 60, Total fat 7g (11% DV), Cholest 35mg (11% DV), Sodium 390mg (18% DV), Potassium 190mg (5% DV), Total carb 1g (0% DV), Protein 6g (12% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

*No artificial ingredients, minimally processed.
†No Nitrates or Nitrites added except for those naturally occurring in sea salt and cultured celery powder.
### SIMPLICITY® ALL NATURAL® UNCURED SOPRESSATA PICCANTE

**Nutrition Facts**

<table>
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<th>Serving Info</th>
<th>Calories</th>
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<th>Cholesterol</th>
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**Calories** 90, **Fat cal** 60, **Total fat** 7g (11% DV), **Sat fat** 3g (15% DV), **Trans fat** 0g, **Monounsat fat** 3.5g, **Polyunsat fat** 0g, **Cholesterol** 20mg (7% DV), **Sodium** 490mg (20% DV), **Potassium** 110mg (3% DV), **Total Carbs** <1g (0% DV), **Fiber** 0g (0% DV), **Sugar** 0g, **Protein** 7g (14% DV), **Vitamin A** (0% DV), **Vitamin C** (2% DV), **Calcium** (0% DV), **Iron** (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

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

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### SIMPLICITY® ALL NATURAL IMPORTED SWISS CHEESE

**Nutrition Facts**

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<thead>
<tr>
<th>Serving Info</th>
<th>Calories</th>
<th>Total Fat</th>
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**Calories** 110, **Fat cal** 80, **Total fat** 8g (11% DV), **Sat fat** 5g (25% DV), **Trans fat** 0g, **Cholesterol** 25mg (9% DV), **Sodium** 60mg (3% DV), **Total Carbs** <1g (0% DV), **Fiber** 0g (0% DV), **Total sugars** 0g (Incl 0g added sugars, 0% DV), **Protein** 9g (17% DV), **Vitamin D** (0% DV), **Calcium** (20% DV), **Iron** (0% DV), **Potassium** (1% DV).

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### SIMPLICITY® ALL NATURAL PICANTE PROVOLONE CHEESE

**Nutrition Facts**

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<thead>
<tr>
<th>Serving Info</th>
<th>Calories</th>
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**Calories** 100, **Fat cal** 80, **Total fat** 8g (10% DV), **Sat fat** 5g (25% DV), **Trans fat** 0g, **Cholesterol** 25mg (8% DV), **Sodium** 220mg (10% DV), **Total Carbs** <1g (0% DV), **Fiber** 0g (0% DV), **Total sugars** 0g (Incl 0g added sugars, 0% DV), **Protein** 7g (14% DV), **Vitamin D** (0% DV), **Calcium** (15% DV), **Iron** (0% DV), **Potassium** (0% DV).

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### SIMPLICITY® ORGANIC WHITE CHEDDAR CHEESE

**Nutrition Facts**

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<tr>
<th>Serving Info</th>
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**Calories** 110, **Fat cal** 80, **Total fat** 9g (12% DV), **Sat fat** 6g (30% DV), **Trans fat** 0g, **Cholesterol** 30mg (10% DV), **Sodium** 150mg (7% DV), **Potassium** (0% DV), **Total Carbs** <1g (0% DV), **Fiber** 0g (0% DV), **Total sugars** 0g (Incl 0g added sugars, 0% DV), **Protein** 7g (14% DV), **Vitamin D** (6% DV), **Calcium** (15% DV), **Iron** (0% DV).

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### SIMPLICITY® ORGANIC MONTEREY JACK CHEESE

**Nutrition Facts**

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<tr>
<th>Serving Info</th>
<th>Calories</th>
<th>Total Fat</th>
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<tbody>
<tr>
<td>Varied, Serv size: 1 oz (28g)</td>
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<td>8</td>
<td>25</td>
<td>150</td>
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**Calories** 100, **Fat cal** 80, **Total fat** 8g (10% DV), **Sat fat** 5g (25% DV), **Trans fat** 0g, **Cholesterol** 25mg (8% DV), **Sodium** 150mg (7% DV), **Potassium** (0% DV), **Total Carbs** <1g (0% DV), **Fiber** 0g (0% DV), **Total sugars** 0g (Incl 0g added sugars, 0% DV), **Protein** 7g (14% DV), **Vitamin D** (6% DV), **Calcium** (15% DV), **Iron** (0% DV).

*No artificial ingredients, minimally processed.†No Nitrates or Nitrites added except for those naturally occurring in sea salt and cultured celery powder.
*No artificial ingredients, minimally processed.
FOR SIMPLICITY® ALL NATURAL* MEATS:

*No artificial ingredients, minimally processed

Raised without added hormones ¹, and no antibiotics ever

No Nitrates or Nitrites Added ²

No preservatives

Humanely raised ³

¹ Raised without the use of antibiotics, hormones, growth promotants or animal by-products. Federal Regulations prohibit the use of hormones in poultry and pork.

² Turkey breast contains naturally occurring nitrates in sea salt. Ham contains naturally occurring nitrates in sea salt and cultured celery powder.

³ Boar’s Head Brand defines humanely raised as animals raised with shelter, resting areas, sufficient space, and the ability to engage in natural behaviors.
Please note that the Heart-Check Food Certification does not apply to recipes, unless expressly stated. For more information, see the American Heart Association® nutrition guidelines at: heartcheckmark.org/guidelines.
GLUTEN FREE GOAT CHEESE & APPLE SALAD

SERVINGS: 4

INGREDIENTS:
2 tablespoons White wine vinegar
1 teaspoon Honey
3 Fuji apples, sliced in wedges
6 Basil leaves, fresh, chopped
6 cups Spring mix lettuce
¼ cup Baby spinach, fresh, chopped
¼ cup Scallions, chopped
1 cup Boar’s Head® Goat Cheese, shaved (available at the Service Deli)
1 tablespoon Olive oil
¼ cup Toasted slivered almonds

In a medium bowl, whisk together the vinegar and the honey. Add the apples and basil and toss to coat. In a separate large bowl, add the spring mix, spinach, scallions, goat cheese and almonds. Pour the apple mixture and olive oil over the salad and toss to coat. Split evenly among four bowls and serve.

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

**SERVINGS:** 1

**INGREDIENTS:**
1. Sandwich wrap
2. 1 tablespoon Caesar dressing
3. ½ cup Romaine lettuce, hand-chopped
4. 4 slices Boar’s Head Bold, Blackened Turkey Breast
5. 2 slices Boar’s Head Bold 3 Pepper Colby Jack Cheese
6. 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.

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**PROSCIUTTO & PROVOLONE PIZZA**

**SERVINGS:** 1

**INGREDIENTS:**
1. Flatbread, garlic flavored
2. Garlic clove, chopped
3. 2 teaspoons Extra virgin olive oil
4. 3 slices Boar’s Head Prosciutto di Parma, thinly sliced
5. 4 slices Boar’s Head Provolone Cheese
6. 8 Kalamata olives, pitted and sliced
7. 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.
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.

PEPPERHOUSE GOURMAISE® DIP

SERVINGS: 4

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

It’s as easy as opening a bottle. Simply pour Boar’s Head Pepperhouse Gourmaise into a medium bowl and place onto an oval serving platter. Surround the dip with a collection of fresh crudités and be creative. In addition to carrots, cucumber, peppers, radishes, and celery, consider a few more unusual veggies such as strips of fennel, jicama, leaves of Belgian endive, and asparagus tips.

DELI SOURCE

Boar’s Head not only offers your favorite meats and cheeses, but also an entire line of condiments and hummus. Try serving Boar’s Head Hummus or Pepperhouse Gourmaise with fresh-cut veggies for delightful crudités you and your guests will love.
Please note that the Heart-Check Food Certification does not apply to recipes, unless expressly stated. For more information, see the American Heart Association® nutrition guidelines at: heartcheckmark.org/guidelines.
**SMOKEMASTER BEECHWOOD SMOKED BLACK FOREST HAM ASPARAGUS ROLL-UPS**

**SERVINGS:** 2

**INGREDIENTS:**
- 8 Asparagus spears
- 8 slices Boar’s Head® SmokeMaster Beechwood Smoked Black Forest Ham
- 1 tablespoon Olive oil

Trim the ends of the asparagus spears. Fill a large saucepan with 1.5-inches of water and bring to a boil. Add the asparagus and cook until tender, about 3-4 minutes. Remove the asparagus and rinse with cold water; then pat dry with paper towels. Lay one slice of ham on a flat work surface. Place an asparagus spear at one edge of the ham slice and roll up; repeat. For a warmer snack, try heating the ham first. In a medium skillet, heat one tablespoon of olive oil over medium heat; then place each slice of ham into sauté pan and cook for 1-2 minutes, until ham is warmed through. Let the ham cool slightly before rolling with asparagus.

**DELI SOURCE**

The deli can be a great source of extra lean protein. For a quick, wholesome snack, try rolling your favorite Boar’s Head deli meat around your favorite vegetable.

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**EGGS BENEDICT**

**SERVINGS:** 6

**INGREDIENTS:**
- 1 packet Hollandaise sauce mix
- 2 tablespoons Butter
- 3 English muffins, split
- 6 slices Boar’s Head®, Sweet Slice, Smoked Uncured Ham
- 6 Eggs, poached

Prepare Hollandaise sauce according to package directions. Melt 1 tablespoon of butter in frying pan, then warm the ham slices in pan for approximately 1 minute. Toast and lightly butter the English muffins. Layer one slice of ham on top of each of the toasted and buttered muffin slices. Place a poached egg on top of each ham slice and drizzle with warm Hollandaise sauce.

**DELI SOURCE**

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

SERVINGS: 4

INGREDIENTS:
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.

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

CLASSIC ITALIAN SUB

SERVINGS: 1

INGREDIENTS:
1 (8-inch) French baguette, sliced lengthwise
2 tablespoons Boar’s Head® Deli Dressing
2 Lettuce leaves
6 slices Tomato, sliced thin
¼ cup Red onion, rings, thinly sliced
4 slices Boar’s Head Pepperoni
4 slices Boar’s Head Uncured Capocollo
4 slices Boar’s Head Genoa Salami
2 slices Boar’s Head Picante Provolone Cheese, sliced in half

Place opened roll onto a work surface. Drizzle dressing onto the bottom half of the roll. Then layer on ingredients in the following order: lettuce, tomato, onions, Pepperoni, Capocollo, Salami, and cheese. Crown with the top roll and serve.

DELI SOURCE
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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3/2021

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