NUTRITIONAL FACTS & RECIPES

Boar's Head

COMPROMISE ELSEWHERE®





Made with Ovengold® Turkey Breast
& Sharp Wisconsin Cheddar 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 Program

denotes product is certified heart healthy by the American Heart Association®

Boar's Head is proud to participate in the American Heart Association, Inc. (AHA) Heart-Check Food Certification Program. We're happy to say that a diverse selection of our premium deli meats display the American Heart Association's distinctive Heart-Check mark, signifying that these products are heart-healthy foods that meet requirements for total fat, saturated fat, cholesterol, specified limits for sodium, and more. How did we meet 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

46% Lower Sodium* Turkey Breast
Bold Jerk Turkey® Breast
Cracked Pepper Mill® Smoked Turkey Breast
Honey Smoked Turkey Breast
Maple Glazed Honey Coat® Turkey Breast
Mesquite Wood Smoked Turkey Breast
No Salt Added Turkey Breast
Ovengold® Turkey Breast
Oven Roasted Turkey Breast
Tuscan Brand Herb Roasted Turkey Breast
Pastrami Seasoned Turkey Breast

BEEF

Londonport® Top Round Roast Beef

CHICKEN

Blazing Buffalo® Style Chicken Breast
EverRoast® Chicken Breast
Golden Classic® Chicken Breast
Lemon Pepper Chicken Breast
Rotisserie Seasoned Chicken Breast
Sweet B's® Honey Barbeque Glazed Chicken Breast

BACON

Old Fashioned Canadian Style Uncured Bacon

HAM

Uncured Honey Ham

TRUST BOAR'S HEAD FOR

No gluten**

No artificial colors or flavors

No fillers or by-product

No trans fat†

*46% Lower Sodium Than USDA Data for Deli Cut White Rotisserie Turkey.
**All Boar's Head meats, cheeses, condiments, and spreads are gluten free.
†No trans-fat from partially hydrogenated oils.

WORRIED ABOUT SALT?

Boar's Head proudly offers an entire line of Lower Sodium, Low Sodium, and No Salt Added products, including meats, cheeses and condiments.

Sodium amount and % Daily Value (DV) is based on a 56g serving size for Beef, Ham and Turkey, 5g for Condiments, 28g for Cheese and 17g for Bacon.

BEEF	Sodium	% DV
Deluxe Low Sodium Roast Beef	80mg	3%

HAM	Sodium	% DV
42% Lower Sodium Branded Deluxe Ham	480mg[1]	20%
Smoked Uncured Ham Steak	780mg[2]	32%
SmokeMaster Beechwood Smoked® Black Forest Uncured Ham	460mg[3]	19%

TURKEY	Sodium	% DV
46% Lower Sodium Turkey Breast	360mg[4]	15%
Ovengold® Roasted Turkey Breast	360mg[4]	15%
Hickory Smoked Black Forest Turkey Breast	390mg[5]	16%
No Salt Added Turkey Breast	55mg[6]	2%
Mesquite Wood Smoked Turkey Breast	440mg[7]	18%

CHICKEN	Sodium	% DV
Golden Classic® Chicken Breast	350mg[8]	15%

CONDIMENTS	Sodium	% DV
54% Lower Sodium Yellow Mustard	25mg[9]	1%

CHEESE	Sodium	% DV
43% Lower Sodium Provolone Cheese	140mg[10]	6%
Lacey Swiss Cheese	60mg[11]	3%
Low Sodium Muenster Cheese	75mg[11]	3%
Gold Label Imported Switzerland Swiss® Cheese	60mg[11]	3%
33% Lower Fat & 36% Lower Sodium American Cheese	300mg[12]	13%

BACON	Sodium	% DV
Uncured Turkey Bacon	150mg[13]	6%

1. 42% lower sodium than USDA data for regular boneless roasted ham.

2. 27% lower sodium than USDA data for ham steak.

3. 31% less sodium than the USDA data for extra lean roasted ham.

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.

6. Not a sodium-free food.

7. 32% lower sodium than USDA data for smoked turkey with lemon pepper flavor.

8. 42% lower sodium than USDA data for oven roasted deli sliced chicken breast.

9. 54% lower sodium than USDA data for prepared yellow mustard.

10. 43% lower sodium than USDA data for regular provolone cheese.

11. Low sodium.

12. 36% less sodium and 33% less fat than the USDA data for pasteurized process American cheese. Contains 6g of total fat compared to 9g of total fat per 28g serving of regular pasteurized process American cheese.

13. 47% lower sodium and 66% less fat than the USDA data for regular cooked pork bacon. Fat reduced 6g to 2g per 17g serving.

DV = Daily Value

VIST WWW.BOARSHEAD.COM TO LEARN MORE.

BUENASADO™ CHIMICHURRI ROASTED BEEF



Calories	Total fat	Cholest	Sodium	Protein
70	2.5 g	30 mg	430 mg	12 g

Nutrition Facts

Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:
Calories 70, Fat cal 25, **Total fat** 2.5g (4% DV), Sat fat 1g (5% DV), *Trans* fat 0g, Polyunsat fat 1g, Monounsat fat 0g, **Cholest** 30mg (10% DV), **Sodium** 430mg (18% DV), **Total carb** 1g (0% DV), Fiber 1g (2% DV), Sugars 0g, **Protein** 12g (21% 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.

CORNED BEEF TOP ROUND - CAP-OFF



Calories	Total fat	Cholest	Sodium	Protein
80	2.5 g	30 mg	490 mg	14 g

Nutrition Facts

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

DELUXE LOW SODIUM ROAST BEEF - CAP-OFF TOP ROUND



Calories	Total fat	Cholest	Sodium	Protein
90	3 g	35 mg	80 mg	15 g

Nutrition Facts

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

FIRST CUT PASTRAMI BRISKET



Calories	Total fat	Cholest	Sodium	Protein
90	4 g	30 mg	670 mg	12 g

Nutrition Facts

Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:
Calories 90, Fat cal 35, **Total fat** 4g (6% DV), Sat fat 1.5g (7% DV), *Trans* fat 0g, Polyunsat fat 0g, Monounsat fat 2g, **Cholest** 30mg (10% DV), **Sodium** 670mg (28% DV), **Total carb** 2g (1% DV), Fiber 0g (0% DV), Sugars 0g, **Protein** 12g (25% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (8% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

FIRST CUT CORNED BEEF BRISKET



Calories	Total fat	Cholest	Sodium	Protein
80	4 g	40 mg	540 mg	12 g

Nutrition Facts

Serv size: 2oz (56g) Cooked, Servings: Varied, Amount Per Serving:
Calories 80, Fat cal 35, **Total fat** 4g (6% DV), Sat fat 1.5g (7% DV), *Trans* fat 0g, Polyunsat fat 0g, Monounsat fat 2g, **Cholest** 40mg (14% DV), **Sodium** 540mg (22% 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.

LONDON BROIL ROAST BEEF - CAP-OFF TOP ROUND



Nutrition Facts

Calories	Total fat	Cholest	Sodium	Protein
70	3 g	25 mg	310 mg	12 g

Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:
Calories 70, Fat cal 25, **Total fat** 3g (5% DV), Sat fat 1g (5% DV), *Trans* fat 0g, Polyunsat fat 0g, Monounsat fat 1.5g, **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.

LONDONPORT® TOP ROUND ROAST BEEF



Nutrition Facts

Calories	Total fat	Cholest	Sodium	Protein
80	2.5 g	40 mg	350 mg	12 g

Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:
Calories 80, Fat cal 25, **Total fat** 2.5g (4% DV), Sat fat 1g (5% DV), *Trans* fat 0g, Polyunsat fat 0g, Monounsat fat 1g, **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.

SEASONED FILET OF ROAST BEEF - CAP-OFF TOP ROUND



Nutrition Facts

Calories	Total fat	Cholest	Sodium	Protein
90	3 g	40 mg	230 mg	14 g

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

TOP ROUND PASTRAMI - CAP OFF



Nutrition Facts

Calories	Total fat	Cholest	Sodium	Protein
80	3 g	30 mg	600 mg	13 g

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, Polyunsat fat 0g, Monounsat fat 1.5g, **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.

BEEF BOLOGNA



Calories	Total fat	Cholest	Sodium	Protein
150	13 g	35 mg	520 mg	7 g

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), *Trans* fat 0g, Polyunsat fat 0g, Monounsat fat 5g, **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 (12% 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



Calories	Total fat	Cholest	Sodium	Protein
150	13 g	35 mg	530 mg	7 g

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, Polyunsat fat 1g, Monounsat fat 6g, **Cholest** 35mg (11% DV), **Sodium** 530mg (22% DV), **Total carb** 1g (0% DV), Fiber 0g (0% DV), Sugars 1g, **Protein** 7g (11% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (4% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

GARLIC BOLOGNA



Calories	Total fat	Cholest	Sodium	Protein
150	13 g	35 mg	530 mg	7 g

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, Polyunsat fat 1g, Monounsat fat 6g, **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 (11% 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.

LEBANON BOLOGNA



Calories	Total fat	Cholest	Sodium	Protein
100	6 g	40 mg	700 mg	11 g

Nutrition Facts

Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:
Calories 100, Fat cal 50, **Total fat** 6g (9% DV), Sat fat 2.5g (13% DV), *Trans* fat 0g, Polyunsat fat 0g, Monounsat fat 2.5g, **Cholest** 40mg (13% DV), **Sodium** 700mg (29% DV), **Potassium** 180mg (5% DV), **Total carb** 1g (0% DV), Fiber 0g (0% DV), Sugars 0g, **Protein** 11g (22% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (8% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

OLIVE TERRINE LOAF



Calories	Total fat	Cholest	Sodium	Protein
120	10 g	20 mg	630 mg	6 g

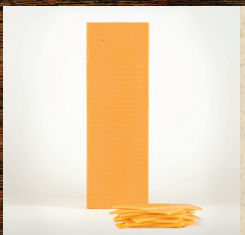
Nutrition Facts

Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:
Calories 120, Fat cal 90, **Total fat** 10g (15% DV), Sat fat 3.5g (17% DV), *Trans* fat 0g, Polyunsat fat 1g, Monounsat fat 4.5g, **Cholest** 20mg (7% DV), **Sodium** 630mg (26% DV), **Potassium** 110mg (3% DV), **Total carb** <1g (0% DV), Fiber 0g (0% DV), Sugars <1g, **Protein** 6g (13% DV), Vitamin A (2% DV), Vitamin C (0% DV), Calcium (2% DV), Iron (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.



Made with Beef Bologna
& Vermont Cheddar Cheese.

AMERICAN CHEESE (YELLOW OR WHITE)



Calories	Total fat	Cholest	Sodium	Protein
110	9 g	25 mg	350 mg	6 g

Nutrition Facts
Servings: About 80, **Serv size: 1 oz (28g)**, Amount Per Serving:
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). Percent Daily Values (DV) are based on a 2,000 calorie diet.

33% LOWER FAT & 36% LOWER SODIUM* AMERICAN CHEESE (YELLOW OR WHITE)



Calories	Total fat	Cholest	Sodium	Protein
90	6 g	20 mg	300 mg	7 g

Nutrition Facts
Servings: About 80, **Serv size: 1 oz (28g)**, Amount Per Serving:
Calories 90, **Total fat** 6g (8% DV), Sat fat 4.5g (23% DV), *Trans* fat 0g, **Cholest** 20mg (7% DV), **Sodium** 300mg (13% DV), **Total Carb** 2g (1% DV), Fiber 0g (0% DV), Total sugars 0g (Incl 0g added sugars, 0% DV), **Protein** 7g (14% DV), Vit D (0% DV), Vit A (10%DV), Calcium (15% DV), Iron (0% DV). Potas (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

ASIAGO CHEESE



Calories	Total fat	Cholest	Sodium	Protein
100	9 g	25 mg	220 mg	6 g

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

BABY SWISS CHEESE



Calories	Total fat	Cholest	Sodium	Protein
110	9 g	25 mg	135 mg	7 g

Nutrition Facts
Servings: Varied, **Serv size: 1 oz (28g)**, Amount Per Serving:
Calories 110, **Total fat** 9g (12% DV), Sat fat 6g (29% DV), *Trans* fat 0g, **Cholest** 25mg (8% DV), **Sodium** 135mg (6% DV), **Total Carb** <1g (0% DV), Fiber 0g (0% DV), Total sugars 0g (Incl 0g added sugars, 0% DV), **Protein** 7g (14% DV), Vit D (0% DV), Calcium (15% DV), Iron (0% DV), Potas (0% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

BLANC GRUE, GRUYERE ALL NATURAL CHEESE



Calories	Total fat	Cholest	Sodium	Protein
120	9 g	35 mg	230 mg	7 g

Nutrition Facts
Servings: Varied, **Serv size: 1 oz (28g)**, Amount Per Serving:
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). Percent Daily Values (DV) are based on a 2,000 calorie diet.

*36% less sodium and 33% less fat than the USDA data for pasteurized process American cheese. Contains 6g of total fat compared to 9g of total fat per 28g serving of regular pasteurized process American cheese.

CARAMELIZED ONION JACK CHEESE



Nutrition Facts

Calories	Total fat	Cholest	Sodium	Protein
110	9 g	15 mg	180 mg	6 g

Servings: Varied, **Serv size: 1 oz (28g)**, Amount Per Serving:
Calories 110, **Total fat** 9g (12% DV), Sat fat 4.5g (23% DV), *Trans* fat 0g, **Cholest** 15mg (5% DV), **Sodium** 180mg (8% DV), **Total Carb** 1g (0% DV), Fiber 0g (0% DV), Total sugars 0g (Incl 0g added sugars, 0% DV), **Protein** 6g, Vit D (0% DV), Calcium (15% DV), Iron (0% DV), Potas (0% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

CHIPOTLE GOUDA CHEESE



Nutrition Facts

Calories	Total fat	Cholest	Sodium	Protein
100	8 g	20 mg	240 mg	6 g

Servings: Varied, **Serv size: 1 oz (28g)**, Amount Per Serving:
Calories 100, **Total fat** 8g (10% DV), Sat fat 5g (25% DV), *Trans* fat 0g, **Cholest** 20mg (7% DV), **Sodium** 240mg (10% DV), **Total Carb** <1g (0% DV), Fiber 0g (0% DV), Total sugars 0g (Incl 0g added sugars, 0% DV), **Protein** 6g (12% DV), Vit D (0% DV), Calcium (15% DV), Iron (0% DV), Potas (0% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

COLBY JACK CHEESE



Nutrition Facts

Calories	Total fat	Cholest	Sodium	Protein
110	9 g	25 mg	180 mg	6 g

Servings: Varied, **Serv size: 1 oz (28g)**, Amount Per Serving:
Calories 110, **Total fat** 9g (12% DV), Sat fat 6g (32% DV), *Trans* fat 0g, **Cholest** 25mg (9% DV), **Sodium** 180mg (8% DV), **Total Carb** 0g (0% DV), Fiber 0g (0% DV), Total sugars 0g (Incl 0g added sugars, 0% DV), **Protein** 6g (13% DV), Vit D (0% DV), Calcium (15% DV), Iron (0% DV), Potas (0% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

3 PEPPER COLBY JACK® CHEESE



Nutrition Facts

Calories	Total fat	Cholest	Sodium	Protein
100	8 g	25 mg	170 mg	6 g

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 (8% DV), **Sodium** 170mg (7% DV), **Total Carb** 1g (0% DV), Fiber 0g (0% DV), Total sugars 0g (Incl 0g added sugars, 0% DV), **Protein** 6g (13% DV), Vit D (0% DV), Calcium (15% DV), Iron (0% DV), Potas (0% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

CREAM HAVARTI CHEESE (PLAIN, WITH DILL, OR WITH JALAPEÑO)



Nutrition Facts

Calories	Total fat	Cholest	Sodium	Protein
110	10 g	35 mg	210 mg	6 g

Servings: Varied, **Serv size: 1 oz (28g)**, Amount Per Serving:
Calories 110, **Total fat** 10g (13% DV), Sat fat 7g (34% DV), *Trans* fat 0g, **Cholest** 35mg (12% DV), **Sodium** 210mg (9% DV), **Total Carb** 0g (0% DV), Fiber 0g (0% DV), Total sugars 0g (Incl 0g added sugars, 0% DV), **Protein** 6g (11% DV), Vit D (0% DV), Calcium (15% DV), Iron (0% DV), Potas (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

CREAMY WISCONSIN CHEDDAR CHEESE



Nutrition Facts

Calories	Total fat	Cholest	Sodium	Protein
100	8 g	25 mg	220 mg	7 g

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 (9% DV), **Sodium** 220mg (9% DV), **Total Carb** 1g (0% DV), Fiber 0g (0% DV), Total sugars 0g (Incl 0g added sugars, 0% DV), **Protein** 7g (14% DV), Vit D (0% DV), Calcium (20% DV), Iron (0% DV), Potas (0% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

FONTINA CHEESE



Nutrition Facts

Calories	Total fat	Cholest	Sodium	Protein
110	10 g	30 mg	170 mg	6 g

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

GOUDA CHEESE, PRODUCT OF HOLLAND



Nutrition Facts

Calories	Total fat	Cholest	Sodium	Protein
100	8 g	25 mg	250 mg	7 g

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

HICKORY SMOKED GRUYERE CHEESE, PRODUCT OF GERMANY



Nutrition Facts

Calories	Total fat	Cholest	Sodium	Protein
100	8 g	20 mg	360 mg	6 g

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

HORSERADISH CHEDDAR CHEESE



Nutrition Facts

Calories	Total fat	Cholest	Sodium	Protein
110	9 g	30 mg	190 mg	6 g

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

IMPORTED SWITZERLAND SWISS® CHEESE, PRODUCT OF SWITZERLAND



Nutrition Facts

Calories	Total fat	Cholest	Sodium	Protein
110	8 g	25 mg	60 mg	9 g

Servings: Varied, **Serv size: 1 oz (28g)**, Amount Per Serving:
Calories 110, **Total fat** 8g (11% DV), Sat fat 5g (25% DV), *Trans* fat 0g, **Cholest** 25mg (9% DV), **Sodium** 60mg (3% DV), **Total Carb** <1g (0% DV), Fiber 0g (0% DV), Total sugars 0g (Incl 0g added sugars, 0% DV), **Protein** 9g (17% DV), Vit D (0% DV), Calcium (20% DV), Iron (0% DV), Potas (0% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

Lactose Free

IRISH CHEDDAR CHEESE, PRODUCT OF IRELAND



Nutrition Facts

Calories	Total fat	Cholest	Sodium	Protein
110	9 g	20 mg	180 mg	7 g

Servings: Varied, **Serv size: 1 oz (28g)**, Amount Per Serving:
Calories 110, **Total fat** 9g (11% DV), Sat fat 5g (25% DV), *Trans* fat 0g, **Cholest** 20mg (7% DV), **Sodium** 180mg (8% DV), **Total Carb** 1g (0% DV), Fiber 0g (0% DV), Total sugars 0g (Incl 0g added sugars, 0% DV), **Protein** 7g (13% DV), Vit D (0% DV), Calcium (15% DV), Iron (0% DV), Potas (0% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

ITALIAN STYLE HERB MOZZARELLA CHEESE



Nutrition Facts

Calories	Total fat	Cholest	Sodium	Protein
90	6 g	25 mg	180 mg	7 g

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

LACEY SWISS CHEESE



Nutrition Facts

Calories	Total fat	Cholest	Sodium	Protein
90	6 g	15 mg	60 mg	9 g

Servings: Varied, **Serv size: 1 oz (28g)**, Amount Per Serving:
Calories 90, **Total fat** 6g (7% DV), Sat fat 4g (20% DV), *Trans* fat 0g, **Cholest** 15mg (6% DV), **Sodium** 60mg (3% DV), **Total Carb** 0g (0% DV), Fiber 0g (0% DV), Total sugars 0g (Incl 0g added sugars, 0% DV), **Protein** 9g (18% DV), Vit D (0% DV), Calcium (20% DV), Iron (0% DV), Potas (0% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

LONGHORN COLBY CHEESE



Nutrition Facts

Calories	Total fat	Cholest	Sodium	Protein
110	9 g	25 mg	170 mg	7 g

Servings: Varied, **Serv size: 1 oz (28g)**, Amount Per Serving:
Calories 110, **Total fat** 9g (12% DV), Sat fat 6g (32% DV), *Trans* fat 0g, **Cholest** 25mg (9% DV), **Sodium** 170mg (7% DV), **Total Carb** 0g (0% DV), Fiber 0g (0% DV), Total sugars 0g (Incl 0g added sugars, 0% DV), **Protein** 7g (13% DV), Vit D (0% DV), Calcium (15% DV), Iron (0% DV), Potas (0% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

LOW SODIUM MUENSTER CHEESE



Nutrition Facts

Calories	Total fat	Cholest	Sodium	Protein
100	8 g	20 mg	75 mg	6 g

Servings: Varied, **Serv size: 1 oz (28g)**, Amount Per Serving:
Calories 100, **Total fat** 8g (10% DV), Sat fat 5g (25% DV), *Trans* fat 0g, **Cholest** 20mg (7% DV), **Sodium** 75mg (3% DV), **Total Carb** 0g (0% DV), Fiber 0g (0% DV), Total sugars 0g (Incl 0g added sugars, 0% DV), **Protein** 6g (11% DV), Vit D (0% DV), Calcium (15% DV), Iron (0% DV), Potas (0% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

MILD SWISS CHEESE



Nutrition Facts

Calories	Total fat	Cholest	Sodium	Protein
120	10 g	30 mg	70 mg	7 g

Servings: Varied, **Serv size: 1 oz (28g)**, Amount Per Serving:
Calories 120, **Total fat** 10g (13% DV), Sat fat 6g (30% DV), *Trans* fat 0g, **Cholest** 30mg (10% DV), **Sodium** 70mg (3% DV), **Total Carb** 1g (0% DV), Fiber 0g (0% DV), Total sugars 0g (Incl 0g added sugars, 0% DV), **Protein** 7g (14% DV), Vit D (0% DV), Calcium (15% DV), Iron (0% DV), Potas (0% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

Lactose Free

MONTEREY JACK CHEESE (PLAIN OR JALAPEÑO PEPPER JACK)



Nutrition Facts

Calories	Total fat	Cholest	Sodium	Protein
100	9 g	25 mg	180 mg	6 g

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

MONTOVEJA® SPANISH SHEEP'S MILK CHEESE, PRODUCT OF SPAIN



Nutrition Facts

Calories	Total fat	Cholest	Sodium	Protein
100	9 g	20 mg	220 mg	6 g

Servings: Varied, **Serv size: 1 oz (28g)**, Amount Per Serving:
Calories 100, **Total fat** 9g (11% DV), Sat fat 6g (31% DV), *Trans* fat 0g, **Cholest** 20mg (7% DV), **Sodium** 220mg (10% DV), **Total carb** 0g (0% DV), Fiber 0g (0% DV), Total sugars 0g (Incl 0g added sugars, 0% DV), **Protein** 6g (12% DV), Vitamin D (0% DV), Calcium (15% DV), Iron (0% DV) Potas (0% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

MUENSTER CHEESE



Nutrition Facts

Calories	Total fat	Cholest	Sodium	Protein
100	8 g	25 mg	190 mg	6 g

Servings: Varied, **Serv size: 1 oz (28g)**, Amount Per Serving:
Calories 100, **Total fat** 8g (11% DV), Sat fat 5g (26% DV), *Trans* fat 0g, **Cholest** 25mg (9% DV), **Sodium** 190mg (8% DV), **Total Carb** 0g (0% DV), Fiber 0g (0% DV), Total sugars 0g (Incl 0g added sugars, 0% DV), **Protein** 6g (13% DV), Vit D (0% DV), Calcium (15% DV), Iron (0% DV), Potas (0% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

PICANTE PROVOLONE ALL NATURAL CHEESE



Calories	Total fat	Cholest	Sodium	Protein
100	8 g	25 mg	220 mg	7 g

Nutrition Facts
Servings: Varied, **Serv size: 1 oz (28g)**, Amount Per Serving:
Calories 100, **Total fat** 8g (10% DV), Sat fat 5g (25% DV), *Trans* fat 0g, **Cholest** 25mg (8% DV), **Sodium** 220mg (10% DV), **Total Carb** 1g (0% DV), Fiber 0g (0% DV), Total sugars 0g (Incl 0g added sugars, 0% DV), **Protein** 7g (14% DV), Vit D (0% DV), Calcium (15% DV), Iron (0% DV), Potas (1% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

43% LOWER SODIUM* PROVOLONE CHEESE



Calories	Total fat	Cholest	Sodium	Protein
100	7 g	20 mg	140 mg	7 g

Nutrition Facts
Servings: Varied, **Serv size: 1 oz (28g)**, Amount Per Serving:
Calories 100, **Total fat** 7g (9% DV), Sat fat 4.5g (23% DV), *Trans* fat 0g, **Cholest** 20mg (7% DV), **Sodium** 140mg (6% DV), **Total Carb** 1g (0% DV), Fiber 0g (0% DV), Total sugars 0g (Incl 0g added sugars, 0% DV), **Protein** 7g (14% DV), Vit D (0% DV), Calcium (15% DV), Iron (0% DV), Potas (0% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

SHARP WISCONSIN CHEDDAR CHEESE - YELLOW OR WHITE



Calories	Total fat	Cholest	Sodium	Protein
110	9 g	30 mg	190 mg	7 g

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

SMOKED GOUDA CHEESE



Calories	Total fat	Cholest	Sodium	Protein
100	8 g	25 mg	330 mg	6 g

Nutrition Facts
Servings: Varied, **Serv size: 1 oz (28g)**, Amount Per Serving:
Calories 100, **Total fat** 8g (10% DV), Sat fat 5g (24% DV), *Trans* fat 0g, **Cholest** 25mg (8% DV), **Sodium** 330mg (14% DV), **Total Carb** 1g (0% DV), Fiber 0g (0% DV), Total sugars <1g (Incl <1g added sugars, 1% DV), **Protein** 6g (11% DV), Vit D (0% DV), Calcium (15% DV), Iron (0% DV), Potas (0% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

SMOKED BEECHWOOD, WISCONSIN CHEDDAR CHEESE



Calories	Total fat	Cholest	Sodium	Protein
110	9 g	30 mg	220 mg	7 g

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** 30mg (9% 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 (20% DV), Iron (0% DV), Potas (0% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

*43% lower sodium than USDA data for regular provolone cheese.

VERMONT CHEDDAR CHEESE (YELLOW OR WHITE)



Nutrition Facts

Calories	Total fat	Cholest	Sodium	Protein
110	10 g	30 mg	200 mg	7 g

Servings: Varied, **Serv size: 1 oz (28g)**, Amount Per Serving:
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). Percent Daily Values (DV) are based on a 2,000 calorie diet.

0g Lactose per Serving

WHOLE MILK LOW MOISTURE MOZZARELLA CHEESE



Nutrition Facts

Calories	Total fat	Cholest	Sodium	Protein
90	7 g	20 mg	150 mg	6 g

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



Made with Jalapeño Pepper Monterey Jack Cheese.

BLAZING BUFFALO® STYLE OVEN ROASTED CHICKEN BREAST



Nutrition Facts

Calories	Total fat	Cholest	Sodium	Protein
60	1 g	35 mg	460 mg	11 g

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, Polyunsat fat 0g, Monounsat fat 0g, **Cholest** 35mg (12% DV), **Sodium** 460mg (19% DV), **Potassium** 210mg (6% DV), **Total carb** 0g (0% DV), Fiber 0g (0% DV), Sugars 0g, **Protein** 11g (20% 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

Calories	Total fat	Cholest	Sodium	Protein
60	1 g	40 mg	420 mg	13 g

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, Polyunsat fat 0g, Monounsat fat 0g, **Cholest** 40mg (13% DV), **Sodium** 420mg (18% DV), **Potassium** 180mg (5% DV), **Total carb** 1g (0% DV), Fiber 0g (0% DV), Sugars 0g, **Protein** 13g (26% DV), Vitamin A (0% DV), Vitamin C (2% DV), Calcium (0% DV), Iron (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

EVERROAST® CHICKEN BREAST



Nutrition Facts

Calories	Total fat	Cholest	Sodium	Protein
60	1 g	30 mg	440 mg	10 g

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, Polyunsat fat 0g, Monounsat fat 0.5g, **Cholest** 30mg (10% DV), **Sodium** 440mg (18% DV), **Potassium** 160mg (5% DV), **Total carb** 1g (0% DV), Fiber 0g (0% DV), Sugars 1g, **Protein** 10g (18% DV), Vitamin A (0% DV), Vitamin C (2% DV), Calcium (0% DV), Iron (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

FIRESMITH® FLAME GRILLED CHICKEN BREAST



Nutrition Facts

Calories	Total fat	Cholest	Sodium	Protein
60	1 g	35 mg	340 mg	10 g

Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:
Calories 60, Fat cal 10, **Total fat** 1.5g (2% DV), Sat fat 0g (0% DV), *Trans* fat 0g, Polyunsat fat 0g, Monounsat fat 0g, **Cholest** 35mg (12% DV), **Sodium** 340mg (14% DV), **Total carb** 1g (0% DV), Fiber 0g (0% DV), Sugars 0g, **Protein** 11g (22% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

GOLDEN CLASSIC® 42% LOWER SODIUM* CHICKEN BREAST



Nutrition Facts

Calories	Total fat	Cholest	Sodium	Protein
60	1.5 g	35 mg	350 mg	12 g

Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:
Calories 60, Fat cal 15, **Total fat** 1.5g (2% DV), Sat fat 0g (0% DV), *Trans* fat 0g, Polyunsat fat 0g, Monounsat fat 0.5g, **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 (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

*42% lower sodium than USDA data for oven roasted deli sliced chicken breast.

ICHIBAN TERIYAKI® STYLE CHICKEN BREAST



Nutrition Facts

Calories	Total fat	Cholest	Sodium	Protein
70	1.5 g	35 mg	510 mg	12 g

Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:
Calories 70, Fat cal 15, **Total fat** 1.5g (2% DV), Sat fat 0.5g (3% DV), *Trans* fat 0g, Polyunsat fat 0g, Monounsat fat 0.5g, **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.

LEMON PEPPER OVEN ROASTED CHICKEN BREAST



Nutrition Facts

Calories	Total fat	Cholest	Sodium	Protein
60	1 g	35 mg	360 mg	11 g

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, Polyunsat fat 0g, Monounsat fat 0g, **Cholest** 35mg (12% DV), **Sodium** 360mg (15% DV), **Potassium** 170mg (5% DV), **Total carb** 1g (0% 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.

MADRASALA® CURRY CHICKEN BREAST



Nutrition Facts

Calories	Total fat	Cholest	Sodium	Protein
60	1 g	40 mg	470 mg	12 g

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, Polyunsat fat 0g, Monounsat 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.

ROTISSERIE SEASONED OVEN ROASTED CHICKEN BREAST



Nutrition Facts

Calories	Total fat	Cholest	Sodium	Protein
60	1 g	35 mg	400 mg	11 g

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, Polyunsat fat 0g, Monounsat fat 0g, **Cholest** 35mg (12% DV), **Sodium** 400mg (17% DV), **Potassium** 180mg (5% DV), **Total carb** 0g (0% 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.

SWEET B'S® HONEY BARBECUE GLAZED CHICKEN BREAST



Nutrition Facts

Calories	Total fat	Cholest	Sodium	Protein
60	1 g	35 mg	390 mg	10 g

Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:
Calories 60, Fat cal 5, **Total fat** 1g (2% DV), Sat fat 0g (0% DV), *Trans* fat 0g, Polyunsat fat 0g, Monounsat fat 0g, **Cholest** 35mg (12% DV), **Sodium** 390mg (16% DV), **Total carb** 3g (1% DV), Sugars 3g, **Protein** 10g (18% DV), Vitamin A (2% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.



Made with Sweet B's, Honey Barbeque Glazed Chicken Breast.

BOURBONRIDGE, SMOKED UNCURED HAM



Nutrition Facts

Calories	Total fat	Cholest	Sodium	Protein
70	2.5 g	30 mg	400 mg	10 g

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, Polyunsat fat 0.5g, Monounsat fat 1g, **Cholest** 30mg (11% DV), **Sodium** 400mg (17% DV), **Potassium** 180mg (5% DV), **Total carb** 2g (1% DV), Fiber <1g (1% DV), Sugars 2g, **Protein** 10g (21% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

BRANDED DELUXE HAM



Nutrition Facts

Calories	Total fat	Cholest	Sodium	Protein
60	1 g	25 mg	590 mg	9 g

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, Polyunsat fat 0g, Monounsat fat 0.5g, **Cholest** 25mg (8% DV), **Sodium** 590mg (25% DV), **Potassium** 150mg (4% DV), **Total carb** 2g (1% DV), Fiber 0g (0% DV), Sugars 2g, **Protein** 9g (18% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (4% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

BRANDED DELUXE HAM - 42% LOWER SODIUM*



Nutrition Facts

Calories	Total fat	Cholest	Sodium	Protein
60	1 g	25 mg	480 mg	10 g

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, Polyunsat fat 0g, Monounsat fat 0g, **Cholest** 25mg (8% DV), **Sodium** 480mg (20% DV), **Potassium** 125mg (4% DV), **Total carb** 2g (1% DV), Fiber 0g (0% DV), Sugars 2g, **Protein** 10g (20% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

BROWN SUGAR & SPICE DELIGHT® OFF THE BONE HAM



Nutrition Facts

Calories	Total fat	Cholest	Sodium	Protein
70	2.5 g	25 mg	580 mg	9 g

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 (3% DV), *Trans* fat 0g, Polyunsat fat 0.5g, Monounsat fat 0g, **Cholest** 25mg (8% DV), **Sodium** 580mg (24% DV), **Potassium** 135mg (4% DV), **Total carb** 3g (1% DV), Fiber 0g (0% DV), Sugars 3g, **Protein** 9g, Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

CANADIAN STYLE UNCURED BACON



Nutrition Facts

Calories	Total fat	Cholest	Sodium	Protein
70	2 g	25 mg	480 mg	11 g

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, Polyunsat fat 0g, Monounsat fat 1g, **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.

*42% lower sodium than USDA data for regular boneless roasted ham.

GOURMET PEPPER BRAND HAM



Calories	Total fat	Cholest	Sodium	Protein
60	1 g	20 mg	500 mg	10 g

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

HOT ITALIAN CAPPY STYLE HAM



Calories	Total fat	Cholest	Sodium	Protein
110	8 g	35 mg	480 mg	9 g

Nutrition Facts

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

ITALIAN CAPPY STYLE HAM



Calories	Total fat	Cholest	Sodium	Protein
70	3 g	35 mg	730 mg	9 g

Nutrition Facts

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

MAPLE GLAZED HONEY COAT® HAM



Calories	Total fat	Cholest	Sodium	Protein
60	1 g	20 mg	570 mg	10 g

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

PEPPENERO® HOT HABENERO GARLIC HAM



Calories	Total fat	Cholest	Sodium	Protein
70	2 g	30 mg	600 mg	11 g

Nutrition Facts

Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:
Calories 70, Fat cal 20, **Total fat** 2g (3% DV), Sat fat 0.5g (3% DV), *Trans* fat 0g, Polyunsat fat 0g, Monounsat fat 1g, **Cholest** 30mg (10% DV), **Sodium** 600mg (25% DV), **Potassium** 200mg (6% DV), **Total carb** 2g (1% DV), Fiber 0g (0% DV), Sugars 1g, **Protein** 11g (22% DV), Vitamin A (0% DV), Vitamin C (20% DV), Calcium (0% DV), Iron (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

ROSEMARY & SUNDRIED TOMATO HAM



Nutrition Facts

Calories	Total fat	Cholest	Sodium	Protein
70	2.5 g	10 mg	500 mg	10 g

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

SMOKEMASTER BEECHWOOD SMOKED® BLACK FOREST UNCURED HAM - 31% LOWER SODIUM*



Nutrition Facts

Calories	Total fat	Cholest	Sodium	Protein
60	1 g	30 mg	460 mg	10 g

Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:
Calories 60, Fat cal 5, **Total fat** 1g (2% DV), Sat fat 0g (0% DV), *Trans* fat 0g, Polyunsat fat 0g, Monounsat fat 0g, **Cholest** 30mg (10% DV), **Sodium** 460mg (19% DV), **Potassium** 160mg (5% DV), **Total carb** 2g (1% DV), Fiber 0g (0% DV), Sugars 2g, **Protein** 10g (19% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (4% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

SWEET SLICE® SMOKED UNCURED HAM



Nutrition Facts

Calories	Total fat	Cholest	Sodium	Protein
60	2.5 g	20 mg	520 mg	10 g

Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:
Calories 60, Fat cal 20, **Total fat** 2.5g (4% DV), Sat fat 1g (5% DV), *Trans* fat 0g, Polyunsat fat 0g, Monounsat fat 1.5g, **Cholest** 20mg (7% DV), **Sodium** 520mg (22% DV), **Potassium** 160mg (5% DV), **Total carb** 1g (0% DV), Fiber 0g (0% DV), Sugars 0g, **Protein** 10g (20% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (4% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

TAVERN HAM



Nutrition Facts

Calories	Total fat	Cholest	Sodium	Protein
60	1.5 g	30 mg	540 mg	10 g

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, Polyunsat fat 0g, Monounsat fat 0.5g, **Cholest** 30mg (10% DV), **Sodium** 540mg (23% DV), **Potassium** 160mg (5% DV), **Total carb** 2g (1% DV), Fiber 0g (0% DV), Sugars 2g, **Protein** 10g (20% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (4% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

*31% less sodium than the USDA data for extra lean roasted ham.

BEEF SALAMI



Nutrition Facts

Calories	Total fat	Cholest	Sodium	Protein
120	9 g	35 mg	470 mg	10 g

Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:
Calories 120, Fat cal 80, **Total fat** 9g (13% DV), Sat fat 3.5g (17% DV), *Trans* fat 0g, Polyunsat fat 0g, Monounsat fat 4.5g, **Cholest** 35mg (11% DV), **Sodium** 470mg (19% DV), **Potassium** 140mg (4% 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 (8% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

CHORIZO SERRANO, PRODUCT OF SPAIN



Nutrition Facts

Calories	Total fat	Cholest	Sodium	Protein
90	6 g	20 mg	300 mg	8 g

Serv size: 1 oz (28g), Servings: Varied, Amount Per Serving:
Calories 90, Fat cal 60, **Total fat** 6g (10% DV), Sat fat 2.5g (13% DV), *Trans* fat 0g, Polyunsat fat 0.5g, Monounsat fat 3g, **Cholest** 20mg (7% DV), **Sodium** 300mg (12% DV), **Potassium** 50mg (1% DV), **Total carb** <1g (0% DV), Fiber 0g (0% DV), Sugars 0g, **Protein** 8g, Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (4% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

GENOA SALAMI



Nutrition Facts

Calories	Total fat	Cholest	Sodium	Protein
190	15 g	50 mg	870 mg	12 g

Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:
Calories 190, Fat cal 130, **Total fat** 15g (23% DV), Sat fat 5g (24% DV), *Trans* fat 0g, Polyunsat fat 2g, Monounsat fat 6g, **Cholest** 50mg (17% DV), **Sodium** 870mg (36% DV), **Potassium** 220mg (6% DV), **Total carb** 1g (0% DV), Fiber 0g (0% DV), Sugars 0g, **Protein** 12g (25% 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.

HARD SALAMI



Nutrition Facts

Calories	Total fat	Cholest	Sodium	Protein
110	9 g	30 mg	430 mg	6 g

Serv size: 1 oz (28g), Servings: Varied, Amount Per Serving:
Calories 110, Fat cal 80, **Total fat** 9g (14% DV), Sat fat 3.5g (18% DV), *Trans* fat 0g, Polyunsat fat 1g, Monounsat fat 4g, **Cholest** 30mg (10% DV), **Sodium** 430mg (18% DV), **Potassium** 100mg (3% DV), **Total carb** 1g (0% DV), Fiber 0g (0% DV), Sugars 0g, **Protein** 6g (12% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

MILANO UNCURED ITALIAN SALAMI



Nutrition Facts

Calories	Total fat	Cholest	Sodium	Protein
100	8 g	25 mg	530 mg	7 g

Serv size: 1 oz (28g), Servings: Varied, Amount Per Serving:
Calories 100, Fat cal 70, **Total fat** 8g (13% DV), Sat fat 3g (16% DV), *Trans* fat 0g, Polyunsat fat 1g, Monounsat fat 3.5g, **Cholest** 25mg (8% DV), **Sodium** 530mg (22% DV), **Total carb** 0g (0% DV), Fiber 0g (0% DV), Sugars 0g, **Protein** 7g, Vitamin A (0% DV), Vitamin C (6% DV), Calcium (0% DV), Iron (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

MORTADELLA



Nutrition Facts

Calories	Total fat	Cholest	Sodium	Protein
160	14 g	30 mg	560 mg	9 g

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, Polyunsat fat 1g, Monounsat fat 3g, **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

Calories	Total fat	Cholest	Sodium	Protein
170	14 g	30 mg	560 mg	10 g

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, Polyunsat fat 1g, Monounsat fat 3g, **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.

PROSCIUTTO DI PARMA, PRODUCT OF ITALY



Nutrition Facts

Calories	Total fat	Cholest	Sodium	Protein
80	5 g	25 mg	550 mg	8 g

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, Polyunsat fat 1g, Monosaturat fat 1.5g, **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.

SANDWICH STYLE PEPPERONI



Nutrition Facts

Calories	Total fat	Cholest	Sodium	Protein
130	11 g	25 mg	430 mg	6 g

Serv size: 1 oz (28g), Servings: Varied, Amount Per Serving:
Calories 130, Fat cal 100, **Total fat** 11g (17% DV), Sat fat 4.5g (22% DV), *Trans* fat 0g, Polyunsat fat 1.5g, Monounsat fat 5g, **Cholest** 25mg (9% DV), **Sodium** 430mg (18% DV), **Potassium** 85mg(2% DV) ,**Total carb** 1g (0% DV), Fiber 0g (0% DV), Sugars 1g, **Protein** 6g (12% 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.

SERRANO HAM, PRODUCT OF ITALY



Nutrition Facts

Calories	Total fat	Cholest	Sodium	Protein
80	5 g	45 mg	340 mg	9 g

Serv size: 1 oz (28g), Servings: Varied, Amount Per Serving:
Calories 80, Fat cal 45, **Total fat** 5g (8% DV), Sat fat 2.5g (13% DV), *Trans* fat 0g, Polyunsat fat 1g, Monounsat fat 1.5g, **Cholest** 45mg (15% DV), **Sodium** 340mg (14% DV), **Total carb** 0g (0% DV), Fiber 0g (0% DV), Sugars 0g, **Protein** 9g, Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

UNCURED BIANCO D'ORO® ITALIAN DRY SALAME



Nutrition Facts

Calories	Total fat	Cholest	Sodium	Protein
110	8 g	25 mg	470 mg	7 g

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.

UNCURED CAPOCOLLO (REGULAR OR HOT)



Nutrition Facts

Calories	Total fat	Cholest	Sodium	Protein
90	7 g	25 mg	590 mg	7 g

Serv size: 1 oz (28g), Servings: Varied, Amount Per Serving:
Calories 90, Fat cal 60, **Total fat** 7g (11% DV), Sat fat 2.5g (14% DV), *Trans* fat 0g, Polyunsat fat 1g, Monounsat fat 3g, **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.

UNCURED PANCETTA



Nutrition Facts

Calories	Total fat	Cholest	Sodium	Protein
50	4.5 g	10 mg	230 mg	2 g

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, Polyunsat fat 1g, Monounsat fat 2g, **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.

UNCURED SOPRESSATA GRANDE (REGULAR OR HOT)



Nutrition Facts

Calories	Total fat	Cholest	Sodium	Protein
110	8 g	15 mg	420 mg	8 g

Serv size: 1 oz (28g), Servings: Varied, Amount Per Serving:
Calories 110, Fat cal 80, **Total fat** 8g (13% DV), Sat fat 3g (14% DV), *Trans* fat 0g, Polyunsat fat 1.5g, Monounsat fat 6g, **Cholest** 15mg (5% DV), **Sodium** 420mg (17% DV), **Total carb** 1g (0% DV), Fiber 0g (0% DV), Sugars 0g, **Protein** 8g (16% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (4% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

BLACKENED TURKEY BREAST



Calories	Total fat	Cholest	Sodium	Protein
60	0.5 g	30 mg	700 mg	12 g

Nutrition Facts

Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:
Calories 60, Fat cal 5, **Total fat** 0.5g (1% DV), Sat fat 0g (0% DV), *Trans* fat 0g, Polyunsat fat 0g, Monounsat fat 0g, **Cholest** 30mg (10% DV), **Sodium** 700mg (29% DV), **Potassium** 210mg (6% DV), **Total carb** 2g (1% DV), Fiber 1g (4% DV), Sugars 1g, **Protein** 12g (24% DV), Vitamin A (2% DV), Vitamin C (2% DV), Calcium (2% DV), Iron (4% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

CAJUN STYLE SMOKED OVEN ROASTED TURKEY BREAST



Calories	Total fat	Cholest	Sodium	Protein
60	0.5 g	25 mg	650 mg	13 g

Nutrition Facts

Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:
Calories 60, Fat cal 5, **Total fat** 0.5g (1% DV), Sat fat 0g (0% DV), *Trans* fat 0g, Polyunsat fat 0g, Monounsat fat 0g, **Cholest** 25mg (8% DV), **Sodium** 650mg (27% DV), **Potassium** 160mg (5% DV), **Total carb** 1g (0% DV), Fiber 0g (0% DV), Sugars 0g, **Protein** 13g (26% DV), Vitamin A (2% DV), Vitamin C (0% DV), Calcium (2% DV), Iron (4% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

CRACKED PEPPER MILL® SMOKED TURKEY BREAST



Calories	Total fat	Cholest	Sodium	Protein
60	1 g	30 mg	460 mg	13 g

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, Polyunsat fat 0g, Monounsat fat 0g, **Cholest** 30mg (10% DV), **Sodium** 460mg (19% DV), **Potassium** 170mg (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.

THE FRYER'S™ TURKEY BREAST



Calories	Total fat	Cholest	Sodium	Protein
60	1 g	25 mg	370 mg	13 g

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, Polyunsat fat 0g, Monounsat fat 0g, **Cholest** 25mg (8% DV), **Sodium** 370mg (15% DV), **Potassium** 180mg (5% DV), **Total carb** 0g (0% DV), Fiber 0g (0% DV), Sugars 0g, **Protein** 13g (23% DV), Vitamin A (0% DV), Vitamin C (2% DV), Calcium (0% DV), Iron (0% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

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



Calories	Total fat	Cholest	Sodium	Protein
60	1 g	25 mg	390 mg	13 g

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, Polyunsat fat 0g, Monounsat 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.

*40% lower sodium than USDA data for smoked turkey with lemon pepper flavor.

HONEY SMOKED TURKEY BREAST



Calories	Total fat	Cholest	Sodium	Protein
70	.5 g	25 mg	480 mg	13 g

Nutrition Facts

Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:
Calories 70, Fat cal 10, **Total fat** 0.5g (1% DV), Sat fat 0g (0% DV), *Trans* fat 0g, Polyunsat fat 0g, Monounsat 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 (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.

JERK TURKEY® BREAST



Calories	Total fat	Cholest	Sodium	Protein
60	1 g	25 mg	450 mg	12 g

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, Polyunsat fat 0g, Monounsat fat 0g, **Cholest** 25mg (8% DV), **Sodium** 450mg (19% 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 (2% DV), Calcium (2% DV), Iron (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

MAPLE GLAZED HONEY COAT® TURKEY BREAST



Calories	Total fat	Cholest	Sodium	Protein
70	0.5 g	30 mg	480 mg	14 g

Nutrition Facts

Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:
Calories 70, Fat cal 5, **Total fat** 0.5g (1% DV), Sat fat 0g (0% DV), *Trans* fat 0g, Polyunsat fat 0g, Monounsat 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), 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 ROASTED TURKEY BREAST



Calories	Total fat	Cholest	Sodium	Protein
60	1 g	25 mg	440 mg	12 g

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, Polyunsat fat 0g, Monounsat 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 (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.

NO SALT ADDED OVEN ROASTED TURKEY BREAST



Calories	Total fat	Cholest	Sodium	Protein
70	1 g	40 mg	55 mg	14 g

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, Polyunsat fat 0g, Monounsat fat 0g, **Cholest** 40mg (13% DV), **Sodium** 55mg (2% DV), **Potassium** 190mg (5% DV), **Total carb** 0g (0% DV), Fiber 0g (0% DV), Sugars 0g, **Protein** 14g (24% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

OUR PREMIUM 46% LOWER SODIUM* OVEN ROASTED TURKEY BREAST



Calories	Total fat	Cholest	Sodium	Protein
60	1 g	20 mg	360 mg	12 g

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, Polyunsat fat 0g, Monounsat fat 0g, **Cholest** 20mg (7% DV), **Sodium** 360mg (15% DV), **Potassium** 150mg (4% DV), **Total carb** 0g (0% DV), Fiber 0g (0% DV), Sugars 0g, **Protein** 12g (24% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

OVENGOLD® ROASTED TURKEY BREAST



Calories	Total fat	Cholest	Sodium	Protein
60	1 g	20 mg	360 mg	11 g

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, Polyunsat fat 0g, Monounsat 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), 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.

PASTRAMI SEASONED TURKEY BREAST



Calories	Total fat	Cholest	Sodium	Protein
60	1 g	25 mg	460 mg	13 g

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, Polyunsat fat 0g, Monounsat 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.

PITCRAFT® SLOW SMOKED TURKEY BREAST



Calories	Total fat	Cholest	Sodium	Protein
60	1 g	25 mg	500 mg	13 g

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, Polyunsat fat 0g, Monounsat fat 0g, **Cholest** 25mg (8% DV), **Sodium** 500mg (22% 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.

SALSALITO® SALSA COATED TURKEY BREAST



Calories	Total fat	Cholest	Sodium	Protein
60	0.5 g	25 mg	480 mg	13 g

Nutrition Facts

Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:
Calories 60, Fat cal 5, **Total fat** 0.5g (1% DV), Sat fat 0g (0% DV), *Trans* fat 0g, Polyunsat fat 0g, Monounsat fat 0g, **Cholest** 25mg (8% DV), **Sodium** 480mg (20% DV), **Potassium** 170mg (5% DV), **Total carb** 1g (0% DV), Fiber 0g (0% DV), Sugars 0g, **Protein** 13g (26% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

*46% lower sodium than USDA data for deli cut white rotisserie turkey.

TURKEY NUTRITION FACTS

TUSCAN BRAND HERB ROASTED TURKEY BREAST



Nutrition Facts

Calories	Total fat	Cholest	Sodium	Protein
60	1 g	25 mg	350 mg	11 g

Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:
Calories 60, Fat cal 5, **Total fat** 1g (2% DV), Sat fat 0.5g (3% DV), *Trans* fat 0g, Polyunsat fat 0g, Monounsat fat 0g, **Cholest** 25mg (8% DV), **Sodium** 350mg (15% DV), **Potassium** 140mg (4% DV), **Total carb** 1g (0% DV), Fiber 0g (0% DV), Sugars 0g, **Protein** 11g (22% DV), Vitamin A (0% DV), Vitamin C (2% DV), Calcium (2% DV), Iron (4% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

ALL NATURAL* NUTRITION FACTS

ALL NATURAL* UNCURED† HAM



Nutrition Facts

Calories	Total fat	Cholest	Sodium	Protein
70	2 g	30 mg	390 mg	11 g

Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:
Calories 70, Fat cal 20, **Total fat** 2g (3% DV), Sat fat 0.5g (3% DV), *Trans* fat 0g, Polyunsat fat 0g, Monounsat fat 0.5g, **Cholest** 30mg (11% DV), **Sodium** 390mg (16% DV), **Potassium** 170mg (5% DV), **Total carb** 1g (0% DV), Fiber 0g (0% DV), Sugars 1g, **Protein** 11g (23% DV), Vitamin A (0% DV), Vitamin C (2% DV), Calcium (0% DV), Iron (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

ALL NATURAL* APPLEWOOD SMOKED UNCURED† HAM



Nutrition Facts

Calories	Total fat	Cholest	Sodium	Protein
70	2 g	35 mg	440 mg	11 g

Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:
Calories 70, Fat cal 20, **Total fat** 2g (3% DV), Sat fat 0.5g (4% DV), *Trans* fat 0g, Polyunsat fat 0g, Monounsat fat 1g, **Cholest** 35mg (11% DV), **Sodium** 440mg (18% DV), **Potassium** 190mg (5% 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.

ALL NATURAL* ROASTED TURKEY BREAST



Nutrition Facts

Calories	Total fat	Cholest	Sodium	Protein
60	1 g	30 mg	440 mg	13 g

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, Polyunsat fat 0g, Monounsat fat 0g, **Cholest** 30mg (9% DV), **Sodium** 440mg (18% DV), **Potassium** 150mg (4% DV), **Total carb** 1g (0% DV), Fiber 0g (0% DV), Sugars 1g, **Protein** 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.

*No artificial ingredients, minimally processed.
†No nitrates or nitrites added except for those naturally occurring in sea salt, celery powder, cultured celery powder or cultured celery juice powder.

ORGANIC AGED WHITE CHEDDAR CHEESE



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

Calories	Total fat	Cholest	Sodium	Protein
110	9 g	30 mg	150 mg	7 g

Calories 110, **Total fat** 9g (12% DV), Sat fat 6g (30% DV), *Trans* fat 0g, **Cholest** 30mg (10% DV), **Sodium** 150mg (7% DV), **Potassium** (0% DV), **Total Carb** <1g (0% DV), Fiber 0g (0% DV), Total sugars 0g (Incl 0g added sugars, 0% DV), **Protein** 7g (14% DV), Vit D (0% DV), Calcium (15% DV), Iron (0% DV).

ORGANIC HERB SEASONED TURKEY BREAST



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

Calories	Total fat	Cholest	Sodium	Protein
60	1 g	60 mg	490 mg	13 g

Calories 60, Fat cal 10, **Total fat** 1g (1% DV), Sat fat 0g (0% DV), *Trans* fat 0g, Polyunsat fat 0g, Monounsat fat 0g, **Cholest** 60mg (20% DV), **Sodium** 490mg (20% DV), **Potassium** 180mg (5% DV), **Total carb** 1g (0% DV), Fiber 1g (2% DV), Sugars 0g, **Protein** 13g (27% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (4% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

FOR ALL NATURAL* COLLECTION MEATS:

*No artificial ingredients, minimally processed

Raised without added hormones‡, and no antibiotics ever

No nitrates or nitrites Added††

No preservatives

Humanely raised***

*No artificial ingredients, minimally processed.

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

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

***Boar's Head Brand defines humanely raised as animals raised with shelter, resting areas, sufficient space, and the ability to engage in natural behaviors.



FIRESMITH® FLAME GRILLED CHICKEN & AVOCADO CAPRESE SALAD

SERVINGS: 1

INGREDIENTS:

- **3½ Oz. Boar's Head® FireSmith® Flame Grilled Chicken Breast, shredded**
- **1½ Oz. Boar's Head® Fresh Mozzarella Cheese, sliced**
- **Boar's Head® Deli Dressing, to taste**
- **3-4 Heirloom Grape Tomatoes, halved**
- **½ Avocado, diced**
- **2 Handful Baby Arugula**
- **Balsamic Glaze, to taste**
- **Salt & Pepper, to taste**

Classic Caprese flavors, made even more satisfying with FireSmith® Flame-Grilled Chicken. Try this salad for a light lunch or weeknight dinner.

In a mixing bowl, add diced avocado, mozzarella, tomatoes, shredded chicken, deli dressing and salt and pepper. Mix all ingredients together. In a serving bowl or plate, add arugula and top with the chicken salad mixture. Drizzle balsamic glaze over the salad.



PITCRAFT® TURKEY PICNIC SLIDERS

SERVINGS: 12

INGREDIENTS:

- **1 Cup Coleslaw Mix**
- **1 Green Apple, sliced into matchsticks**
- **¼ Cup Dried Cranberries**
- **¼ Cup Boar's Head® Real Mayonnaise**
- **2 Tbsp Apple Cider Vinegar**
- **3 Tbsp Boar's Head® Honey Mustard**
- **12 Slider Style Sandwich Rolls, halved**
- **12 Slices (about 6 oz.) Boar's Head® Sharp Wisconsin Cheddar Cheese, sliced thin**
- **1 Lb. Bold PitCraft® Slow Smoked Turkey Breast, sliced thin**

The perfect backyard picnic is one that includes these simple, yet scrumptious sliders. Marinated apple coleslaw and Honey Mustard bring a sweet bite to the rich, smoky flavor of PitCraft® Turkey for flavor you can savor during your day in the sun.

In a small bowl, combine the coleslaw mix, apple, cranberries, mayonnaise, apple cider vinegar and honey mustard. Stir until well combined and set aside. Preheat broiler and broil the halved sandwich rolls on a baking sheet until lightly toasted and the tops are golden brown. Remove from the oven. Layer a slice of cheese and two slices of turkey on the base of each bun. Distribute coleslaw mixture evenly on top of the turkey. Place the lids on top of the sliders and serve.



FRENCH ONION GRILLED CHEESE

SERVINGS: 2

INGREDIENTS:

- **2 Slices (about 1 oz.) Boar's Head® Caramelized Onion Jack Cheese**
- **1 Tbsp Olive Oil**
- **1 Sweet Onion, sliced thin**
- **Beef Broth, as needed**
- **2 Tbsp Boar's Head® Real Mayonnaise**
- **4 Slices Sourdough Bread**

You don't have to travel far to enjoy this French delicacy. Our Caramelized Onion Jack Cheese is melted onto toasted sourdough bread and topped with caramelized onions for a handheld take on a French onion soup classic.

Heat olive oil in a medium skillet over medium heat, then add the onions. Sauté, stirring occasionally, until the onions start to brown and caramelize. Stir in beef broth, starting with 1 tablespoon, and cook for an additional 5 minutes to deglaze the pan and bring additional flavor to the onions. Remove from the pan and set aside. Spead mayonnaise on one side of a slice of bread and place mayo-side down on the same skillet. Layer two slices of cheese followed by a spoonful of caramelized onions. Spread mayonnaise on the second slice of bread, and place on top of the sandwich, mayo-side up. Cook for 3-4 minutes until the cheese has melted and bread is crisp and golden. Repeat on the other side. Slice and serve.



LONDON BROIL BIRRIA STYLE TACOS

SERVINGS: 4

INGREDIENTS:

- **1 Lb. London Broil Top Round Roast Beef, thin sliced and roughly chopped**
- **1 Cup Monterey Jack Cheese, shredded**
- **1 Can (4oz) Chipotle Peppers in Adobo Sauce**
- **2 Tbsp Olive Oil**
- **1 Small Onion, chopped**
- **Beef Broth, as needed**
- **8 6-inch Tortilla**
- **½ Cup Cilantro, chopped**

Inspired by the street-cart favorite, these tacos are crispy, savory, and loaded with melty Monterey Jack Cheese. Thinly-sliced London Broil Roast Beef and canned chipotle peppers cut down on prep time, without sacrificing flavor.

Heat oil in a small pot over medium high heat. Add chopped onion and peppers and sauté until onions are translucent, about 5 minutes. Mix in the beef broth until you achieve a soup-like mixture. Change heat to low. Preheat oven to 400ºF. Coat baking sheet with nonstick cooking spray. Dip tortillas in the prepared broth and place on the baking sheet. Top with roast beef and cheese, then fold tortillas in half. Bake for 5-7 minutes until brown and toasty. Top with cilantro. Serve and dip into remaining broth.



BOLD CHIPOTLE CHICKEN AND COLBY JACK MELT

SERVINGS: 1

INGREDIENTS:

- **4 Slices (about 2 oz.) Boar's Head Bold® Chipotle Chicken (or to taste)**
- **2 Slices (about 1 oz.) Boar's Head Bold® 3 Pepper Colby Jack® Cheese (or to taste)**
- **3 Strips Boar's Head® Naturally Smoked Bacon, cooked**
- **2 Slices Thick-cut Seeded Bread**
- **½ Avocado, smashed**
- **1 Boar's Head® Kosher Dill Pickle Spear, to taste**

Our baja-inspired Bold Chipotle Chicken and the kick of Bold 3 Pepper® Colby Jack Cheese meld perfectly with the crisp combination of Naturally Smoked Bacon and fresh avocado.

Preheat oven to 375 degrees. Toast both slices of bread. Spread smashed avocado on one side of toast, add 4 slices of chicken and top with 2 slices of cheese. Place on a parchment lined sheet pan. Bake for 10-12 minutes until cheese begins to melt. Remove from oven. Add 3 pieces of bacon to cheese. Spread Chipotle Gourmaise on other piece of toast. Place down on top of bacon. Serve warm.



PROSCIUTTO, FRENCH BRIE CHEESE & SEASONAL FRUIT SKEWERS

SERVINGS: 6

INGREDIENTS:

- 12 Cocktail Picks
- 1 Package Boar's Head® French Brie Cheese (8.8 oz (250g))
- 6 Fresh Figs, halved
- 2 Fresh Winter Pears, quartered
- ½ Tbsp Sugar
- ¼ Cup Butter
- 6 Slices (about 2.5 oz.) Boar's Head® Prosciutto di Parma, sliced in half
- Balsamic Glaze, for garnish
- Fresh Thyme, for garnish

Soft, creamy French Brie is threaded alongside caramelized figs, pears and buttery Prosciutto di Parma to create an elegant, sweet and savory appetizer.

Slice the brie into 12 ¼-inch thick slices. Quarter the figs and evenly slice the pears into 12 wedges and sprinkle lightly with sugar. Melt butter in a skillet over low heat, then add the figs and pear, flipping until caramelized, about 3 minutes per slide. Fold a piece of prosciutto and thread it onto the cocktail pick, followed by the brie, fig and pear, until you make 12. Drizzle with balsamic glaze and garnish with thyme.



SWEET B'S® HONEY BARBECUE CHICKEN PIZZA

SERVINGS: 6

INGREDIENTS:

- **1 Tbsp Unsalted Butter**
- **1 Small Red Onion, sliced**
- **1 Whole Leek, sliced**
- **1 Pizza Crust, 16 inch**
- **2 Tbsp Barbecue Sauce**
- **½ Lb. Boar's Head® Sweet B's® Honey Barbeque Glazed Chicken Breast, sliced thin**
- **1 Package Boar's Head® Fresh Mozzarella Cheese (8 oz (226g)), shredded**
- **Basil, to taste**

Who doesn't love barbecue and pizza? Enjoy them together and top it with our Sweet B's® Honey Barbecue Chicken Breast and Fresh Mozzarella Cheese. It's a combination of traditional backyard barbecue and a brick-oven classic you're sure to enjoy.

Preheat oven to 500°F. Melt the butter in a large skillet over medium heat. Add the red onion and leeks and cook until softened. Transfer to a medium size bowl. Place the pizza crust onto a non-stick baking sheet and brush with barbecue sauce. Layer the chicken, onions, leeks and half of the cheese leaving a 1 inch border around the crust. Sprinkle the remaining cheese on top. Bake for 12-15 minutes in the oven or until the crust is golden and the cheese is bubbly. Transfer pizza to a rack to let settle for a few minutes; garnish with basil, slice and serve.



SWEET SLICE® SMOKED UNCURED HAM & CREAM HAVARTI CHEESE BAKE

SERVINGS: 6

INGREDIENTS:

- **6 Croissants**
- **1½ Cup Whole Milk**
- **3 Eggs, large**
- **2 Tbsp Boar's Head® Honey Mustard**
- **8 Oz. Boar's Head® Sweet Slice® Boneless Smoked Uncured Ham, sliced thin**
- **4 Oz. Boar's Head® Cream Havarti Cheese, sliced thick**
- **4 Oz. Boar's Head® Imported Switzerland Swiss® Cheese, shredded**
- **2 Tbsp Fresh Rosemary, chopped**

Add a touch of warmth to your brunch or dinnertime spread with our tender Sweet Slice® Smoked Uncured Ham and Cream Havarti Cheese. This baked dish balances melty, crispy, and savory cravings in each indulgent bite.

Preheat the oven to 350 degrees. Lightly grease a 9 x 13-inch baking dish with butter. Break up the croissants into small pieces and place in the baking dish. Lightly toast the croissants in the oven for 5-8 minutes. Remove and set aside. In a large bowl, whisk together milk, eggs, and honey mustard. Pour the mixture over the top of the toasted croissants in the casserole dish. Place pieces of ham and havarti between and among the croissant pieces. Sprinkle shredded swiss and rosemary on top. Cover the dish and bake for 25-30 minutes, then remove the foil, and continue baking for 15 minutes, until the croissants are golden brown.



CRACKED PEPPER MILL® TURKEY MELT

SERVINGS: 1

INGREDIENTS:

- 2 Slices Artisan Thick Cut Bread
- 2 Tbsp Bacon Jam
- ¼ Cup Fresh Spinach
- 4 Slices (about 2 oz.) Boar's Head® Cracked Pepper Mill® Smoked Turkey Breast
- 2 Slices (about 1 oz.) Boar's Head® Vermont Cheddar Cheese
- 1 Tbsp Butter, softened

Enjoy this warm, melty sandwich and indulge in our mild Vermont Cheddar Cheese with zesty Cracked Pepper Mill® Smoked Turkey Breast. It comes together in minutes for a quick lunch or dinner.

Place bread slices on a flat, clean working surface. Spread 1 tbsp. of bacon jam over each slice of bread. Layer spinach, Vermont Cheddar Cheese and Cracked Pepper Mill® Turkey on one slice of bread. Top with remaining slice of bread. Spread or brush outsides of sandwich with butter. In a large skillet, toast sandwich over medium heat until golden brown and cheese is melted (about 1-2 minutes on each side). Serve sandwich and enjoy.

Boar's Head

Since 1905, Boar's Head Brand® has been a family business. Five generations ago, our company began with the belief that consumers deserved a better quality ham than what was available. Over the years, our company has grown, but our standards have never wavered.

We pride ourselves on being master craftsmen in our industry - skilled artisans in meat and cheese preparation methods. We use time-honored recipes that call for hand trimming meats, applying spices by hand, using Master Cheesemakers, and more.

What began with one ham has now grown to over 500 products. With each and every product, Boar's Head Brand® 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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