

NUTRITIONAL FACTS & RECIPES

Boar's Head

COMPROMISE ELSEWHERE.





Made with Ovengold, Turkey Breast
& Sharp Wisconsin Cheddar Cheese

Standard serving size for turkey and cheese are 2 oz and 1 oz, respectively. This sandwich contains 1.5 servings of turkey and 1 serving of cheese.



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CERTIFICATIONS & PARTNERSHIPS

CERTIFICATIONS

American Heart Association® Heart-Check Food Certification



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

The below Boar's Head® products are certified by the American Heart Association because they meet their requirements for heart healthy foods as part of a healthy eating pattern. We met their standards simply by living up to our own.



Please note: the Heart-Check Food Certification does not apply to recipes, unless expressly stated. For more information, see the Heart-Check Food Certification nutrition guidelines at: heartcheckmark.org/guidelines

TURKEY

- 46% Lower Sodium Turkey Breast
- Bold® Jerk Turkey Breast
- Cracked Pepper Mill® Smoked Turkey Breast
- Golden Roasted 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

- Canadian Style Uncured Bacon

HAM

- Uncured Honey Ham

PARTNERSHIPS

The Feingold® Association



denotes product is included on the Feingold® Food List

The Feingold Association of the United States is a non-profit organization whose purpose is to generate public awareness of the role of food and synthetic additives in behavior, learning and health. For a complete list of qualifying products please visit <https://boarshead.com/nutrition-wellness/certifications-partnerships/feingold>



ALL BOAR'S HEAD® MEATS, CHEESES, SPREADS & CONDIMENTS ARE GLUTEN FREE.

WORRIED ABOUT SALT?



Boar's Head is proud to offer a complete line of lower sodium meats and cheeses.

Premium Delicatessen Meats • 2 oz (56g) Serving Unless Noted	Sodium	% DV
42% Lower Sodium Branded Deluxe Ham	480mg ¹	20%
Deluxe Low Sodium Roast Beef - Cap Off Top Round	80mg ²	3%
Golden Classic® Chicken Breast - 42% Lower Sodium	350mg ³	15%
Golden Roasted Turkey Breast - 43% Lower Sodium	380mg ⁴	16%
Hickory Smoked Black Forest Turkey Breast - 40% Lower Sodium	390mg ⁵	16%
Mesquite Wood Smoked® Roasted Turkey Breast - 32% Lower Sodium	440mg ⁶	18%
No Salt Added Roast Beef	40mg ⁷	2%
No Salt Added Turkey Breast	55mg ⁷	2%
46% Lower Sodium Turkey Breast	360mg ⁸	15%
Ovengold® Roasted Turkey Breast - 46% Lower Sodium	360mg ⁸	15%
SmokeMaster Beechwood Smoked® Black Forest Uncured Ham - 31% Lower Sodium	460mg ⁹	19%

Premium Delicatessen Cheeses • 1 oz (28g) Serving	Sodium	% DV
43% Lower Sodium Provolone Cheese	140mg ¹⁰	6%
Lacey Swiss Cheese	60mg ²	3%
Low Sodium Muenster Cheese	75mg ¹¹	3%
Gold Label Imported Switzerland Swiss® Cheese	60mg ²	3%
33% Lower Fat - 36% Lower Sodium American Cheese - Reduced Fat Pasteurized Process American Cheese	300mg ¹²	13%

- 42% lower sodium than USDA data for regular boneless roasted ham.
- Naturally low in sodium.
- 42% lower sodium than USDA data for oven roasted deli sliced chicken breast.
- 43% lower sodium than USDA data for deli cut white rotisserie turkey.
- 40% lower sodium than USDA data for smoked turkey with lemon pepper flavor.

- 32% lower sodium than USDA data for smoked turkey with lemon pepper flavor.
- Not a sodium-free food.
- 46% lower sodium than USDA data for deli cut white rotisserie turkey.
- 31% less sodium than the USDA data for extra lean roasted ham.
- 40% lower sodium than USDA data for regular provolone cheese.

- Sodium 75mg per serving.
- 36% less sodium 33% less fat than the USDA data for pasteurized process American cheese.

DV=Daily Value

*No artificial ingredients, minimally processed.

BEEF NUTRITION FACTS

DELUXE LOW SODIUM ROAST BEEF - CAP-OFF TOP ROUND



Nutrition Facts

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

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

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.

SEASONED FILET OF ROAST BEEF - CAP-OFF TOP ROUND



Nutrition Facts

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

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

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.

CORNED BEEF TOP ROUND - CAP-OFF



Nutrition Facts

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

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

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.

FIRST CUT CORNED BEEF BRISKET



Nutrition Facts

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

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

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.

TOP ROUND PASTRAMI - CAP OFF



Nutrition Facts

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

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

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 NUTRITION FACTS

FIRST CUT PASTRAMI BRISKET



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.

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

NO SALT ADDED ROAST BEEF



Nutrition Facts

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

Calories 90, **Fat cal** 30, **Total fat** 3.5g (5% DV), **Sat fat** 1.5g (7% DV), **Trans fat** 0g, **Polyunsat fat** 0g, **Monounsat fat** 2g, **Cholest** 35mg (11% DV), **Sodium** 40mg (2% DV), **Potassium** 170mg (5% DV), **Total carb** 0g (0% DV), **Fiber** 0g (0% DV), **Sugars** 0g, **Protein** 14g (28% DV), **Vitamin A** (0% DV), **Vitamin C** (0% DV), **Calcium** (0% DV), **Iron** (10% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

Calories	Total fat	Cholest	Sodium	Protein
90	3.5 g	35 mg	40 mg	14 g

LONDONPORT. TOP ROUND ROAST BEEF



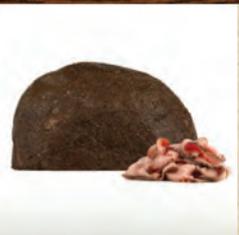
Nutrition Facts

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

Calories 80, **Fat cal** 25, **Total fat** 2.5g (4% DV), **Sat fat** 1g (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.

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

LONDON BROIL ROAST BEEF - CAP-OFF TOP ROUND



Nutrition Facts

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.

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

BUENASADO. CHIMICHURRI ROASTED BEEF



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.

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

LEBANON BOLOGNA



Nutrition Facts

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

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

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.

BOLOGNA & LOAVES

BEEF BOLOGNA



Nutrition Facts

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

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

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.



GARLIC BOLOGNA



Nutrition Facts

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

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

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.



BOLOGNA



Nutrition Facts

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

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

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.



OLIVE TERRINE LOAF



Nutrition Facts

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

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

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.



NUTRITION FACTS



CHEESE : NUTRITION FACTS

HORSERADISH 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	190 mg	6 g

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).

3 PEPPER COLBY JACK, CHEESE



Nutrition Facts

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

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

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).

CHIPOTLE GOUDA CHEESE



Nutrition Facts

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

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

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).

VERMONT CHEDDAR CHEESE (YELLOW & WHITE)



Nutrition Facts

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

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

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:

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

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).

CHEESE NUTRITION FACTS

SMOKED GOUDA CHEESE



Nutrition Facts

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

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

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).

AMERICAN CHEESE (YELLOW & WHITE)



Nutrition Facts

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

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

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 (YELLOW & WHITE)



Nutrition Facts

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

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

Calories 90, Total fat 6g (8% DV), Sat fat 4.5g (23% DV), *Trans fat* 0g, **Cholest** 20mg (7% DV), **Sodium** 300mg (13% DV), **Total Carb** 2g (1% DV), Fiber 0g (0% DV), Total sugars 0g (Incl 0g added sugars, 0% DV), **Protein** 7g (14% DV), Vit D (0% DV), Calcium (15% DV), Iron (0% DV), Potas (2% DV).

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



Nutrition Facts

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

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

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).

FONTINA CHEESE



Nutrition Facts

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

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

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).

CHEESE : NUTRITION FACTS

LOW SODIUM MUENSTER CHEESE



Nutrition Facts

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

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

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).

43% LOWER SODIUM PROVOLONE CHEESE



Nutrition Facts

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

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

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).

PICANTE PROVOLONE ALL NATURAL CHEESE



Nutrition Facts

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

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

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:

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

Calories 110, Total fat 9g (12% DV), Sat fat 6g (29% DV), *Trans fat* 0g, **Cholest** 25mg (8% DV), **Sodium** 135mg (6% DV), **Total Carb** <1g (0% DV), Fiber 0g (0% DV), Total sugars 0g (Incl 0g added sugars, 0% DV), **Protein** 7g (14% DV), Vit D (0% DV), Calcium (15% DV), Iron (0% DV), Potas (0% DV).

IMPORTED SWITZERLAND SWISS CHEESE - LACTOSE FREE



Nutrition Facts

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

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

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).

CHEESE NUTRITION FACTS

BLANC GRUE, GRUYERE ALL NATURAL CHEESE



Nutrition Facts

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

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

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).

CHEESE

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



Nutrition Facts

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

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

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).

MONTEREY JACK CHEESE: PLAIN OR JALAPEÑO PEPPER JACK



Nutrition Facts

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

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

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).

CARAMELIZED ONION JACK CHEESE



Nutrition Facts

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

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

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).

WHOLE MILK LOW MOISTURE MOZZARELLA CHEESE



Nutrition Facts

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

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

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).

CHEESE NUTRITION FACTS

MUENSTER CHEESE



Nutrition Facts

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

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

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).

SHARP WISCONSIN 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	190 mg	7 g

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



Nutrition Facts

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

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

Calories 110, Total fat 9g (12% DV), Sat fat 5g (27% DV), *Trans fat* 0g, **Cholest** 30mg (9% DV), **Sodium** 190mg (8% DV), **Total Carb** <1g (0% DV), Fiber 0g (0% DV), Total sugars 0g (Incl 0g added sugars, 0% DV), **Protein** 7g (14% DV), Vit D (0% DV), Calcium (15% DV), Iron (0% DV), Potas (0% DV).

GOUDA CHEESE, PRODUCT OF HOLLAND



Nutrition Facts

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

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

Calories 100, Total fat 8g (10% DV), Sat fat 5g (25% DV), *Trans fat* 0g, **Cholest** 25mg (8% DV), **Sodium** 250mg (11% DV), **Total Carb** <1g (0% DV), Fiber 0g (0% DV), Total sugars 0g (Incl 0g added sugars, 0% DV), **Protein** 7g (14% DV), Vit D (0% DV), Calcium (20% DV), Iron (0% DV), Potas (0% DV).

ASIAGO CHEESE



Nutrition Facts

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

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

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).

CHEESE NUTRITION FACTS

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



Nutrition Facts

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

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

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).

CHEESE

LACEY SWISS CHEESE



Nutrition Facts

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

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

Calories 90, Total fat 6g (7% DV), Sat fat 4g (20% DV), *Trans* fat 0g, **Cholest** 15mg (6% DV), **Sodium** 60mg (3% DV), **Total Carb** 0g (0% DV), Fiber 0g (0% DV), Total sugars 0g (Incl 0g added sugars, 0% DV), **Protein** 9g (18% DV), Vit D (0% DV), Calcium (20% DV), Iron (0% DV), Potas (0% DV).

MILD SWISS CHEESE



Nutrition Facts

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

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

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).



ITALIAN STYLE HERB MOZZARELLA CHEESE



Nutrition Facts

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

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

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).

CREAMY WISCONSIN CHEDDAR CHEESE



Nutrition Facts

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

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

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).

CHEESE NUTRITION FACTS

SMOKED BEECHWOOD WISCONSIN CHEDDAR CHEESE



Nutrition Facts

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

Calories 110, **Total fat** 9g (11% DV), **Sat fat** 6g (28% DV), **Trans fat** 0g, **Cholest** 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).

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

IRISH CHEDDAR CHEESE



Nutrition Facts

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

Calories 110, **Total fat** 9g (12% 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).

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

LONGHORN COLBY



Nutrition Facts

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).

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



CHICKEN : NUTRITION FACTS

SWEET B'S. HONEY BARBECUE GLAZED CHICKEN BREAST



Nutrition Facts

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

Calories 60, **Fat** cal 5, **Total fat** 1g (2% DV), **Sat fat** 0g (0% DV), **Trans fat** 0g, **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.

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

CHICKEN

FIRESMITH. FLAME GRILLED CHICKEN BREAST



Nutrition Facts

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

Calories 60, **Fat** cal 10, **Total fat** 1.5g (2% DV), **Sat fat** 0g (0% DV), **Trans fat** 0g, **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.

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

BLAZING BUFFALO. STYLE OVEN ROASTED CHICKEN BREAST



Nutrition Facts

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

Calories 60, **Fat** cal 10, **Total fat** 1g (2% DV), **Sat fat** 0g (0% DV), **Trans fat** 0g, **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.

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



CHIPOTLE OVEN ROASTED CHICKEN BREAST



Nutrition Facts

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

Calories 60, **Fat** cal 10, **Total fat** 1g (2% DV), **Sat fat** 0g (0% DV), **Trans fat** 0g, **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.

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

EVERROAST. CHICKEN BREAST



Nutrition Facts

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

Calories 60, **Fat** cal 10, **Total fat** 1g (2% DV), **Sat fat** 0g (0% DV), **Trans fat** 0g, **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.

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

CHICKEN NUTRITION FACTS



ICHIBAN TERIYAKI, STYLE CHICKEN BREAST



Nutrition Facts

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

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

Calories 70, Fat cal 15, **Total fat** 1.5g (2% DV), Sat fat 0.5g (3% DV), *Trans* fat 0g, Polyunsat fat 0g, Monounsatsat 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

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

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

Calories 60, Fat cal 10, **Total fat** 1g (2% DV), Sat fat 0g (0% DV), *Trans* fat 0g, Polyunsat fat 0g, Monounsatsat 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.

ROTISSERIE SEASONED OVEN ROASTED CHICKEN BREAST



Nutrition Facts

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

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

Calories 60, Fat cal 10, **Total fat** 1g (2% DV), Sat fat 0g (0% DV), *Trans* fat 0g, Polyunsat fat 0g, Monounsatsat 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.

GOLDEN CLASSIC, 42% LOWER SODIUM CHICKEN BREAST



Nutrition Facts

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

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

Calories 60, Fat cal 15, **Total fat** 1.5g (2% DV), Sat fat 0g (0% DV), *Trans* fat 0g, Polyunsat fat 0g, Monounsatsat 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.



MADRASALA, CURRY CHICKEN BREAST



Nutrition Facts

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

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

Calories 60, Fat cal 10, **Total fat** 1g (2% DV), Sat fat 0g (0% DV), *Trans* fat 0g, Polyunsat fat 0g, Monounsatsat 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.

CHICKEN



Made with Bold Ichiban Teriyaki.
Style Chicken Breast.
Standard serving size is 2 oz.
This salad contains 1.5 servings.

HAM NUTRITION FACTS

BROWN SUGAR & SPICE DELIGHT® OFF THE BONE HAM



Nutrition Facts

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

Calories 70, Fat cal 20, **Total fat** 2.5g (4% DV), Sat fat 0.5g (3% DV), *Trans* fat 0g, Polyunsat fat 0.5g, Monounsatsat 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.

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

GOURMET PEPPER BRAND HAM



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, Monounsatsat 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.

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

MAPLE GLAZED HONEY COAT. HAM



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, Monounsatsat 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.

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

ROSEMARY & SUNDRIED TOMATO HAM



Nutrition Facts

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

Calories 70, Fat cal 20, **Total fat** 2.5g (4% DV), Sat fat 1g (4% DV), *Trans* fat 0g, Polyunsat fat 0g, Monounsatsat 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.

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

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



Nutrition Facts

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

Calories 60, Fat cal 5, **Total fat** 1g (2% DV), Sat fat 0g (0% DV), *Trans* fat 0g, Polyunsat fat 0g, Monounsatsat 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.

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

HAM NUTRITION FACTS



PEPPENERO, HOT HABENERO GARLIC HAM



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.

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

BRANDED DELUXE HAM



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** 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.

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

BRANDED DELUXE HAM - 42% LOWER SODIUM



Nutrition Facts

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

Calories 60, **Fat cal** 10, **Total fat** 1g (2% DV), **Sat fat** 0g (0% DV), **Trans fat** 0g, **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.

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

ITALIAN CAPPY STYLE HAM



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.

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

HOT ITALIAN CAPPY STYLE HAM



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.

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

HAM NUTRITION FACTS

SWEET SLICE. SMOKED UNCURED HAM



Nutrition Facts

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

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

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

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

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

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.

VIRGINIA HAM



Nutrition Facts

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

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

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** 160mg (5% DV), **Total carb** 3g (1% DV), **Fiber** 0g (0% DV), **Sugars** 3g, **Protein** 9g (18% DV), **Vitamin A** (0% DV), **Vitamin C** (0% DV), **Calcium** (0% DV), **Iron** (4% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.



BOURBONRIDGE, SMOKED UNCURED HAM



Nutrition Facts

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

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

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.

CANADIAN STYLE UNCURED BACON



Nutrition Facts

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

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

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.

CHARCUTERIE NUTRITION FACTS

MILANO UNCURED ITALIAN SALAMI



Nutrition Facts

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.

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

UNCURED BIANCO D'ORO, ITALIAN DRY SALAME



Nutrition Facts

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

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

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

MORTADELLA



Nutrition Facts

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

Calories 160, **Fat cal** 120, **Total fat** 14g (21% DV), **Sat fat** 5g (25% DV), **Trans fat** 0g, **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.

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

MORTADELLA WITH PISTACHIO NUTS



Nutrition Facts

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

Calories 170, **Fat cal** 120, **Total fat** 14g (21% DV), **Sat fat** 5g (25% DV), **Trans fat** 0g, **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.

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

UNCURED PANCETTA



Nutrition Facts

Serv size: 0.5 oz (14g), Servings:
Varied, Amount Per Serving:

Calories 50, **Fat cal** 40, **Total fat** 4.5g (7% DV), **Sat fat** 2g (11% DV), **Trans fat** 0g, **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.

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

PROSCIUTTO DI PARMA, PRODUCT OF ITALY



Nutrition Facts

Serv size: about 1 oz (30g), Servings: Varied, Amount Per Serving:

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

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

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

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

Calories 130, Fat cal 100, **Total fat** 11g (17% DV), Sat fat 4.5g (22% DV), *Trans* fat 0g, Polyunsat fat 1.5g, Monounsaturat 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.

CHORIZO SERRANO



Nutrition Facts

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

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

Calories 90, Fat cal 60, **Total fat** 6g (10% DV), Sat fat 2.5g (13% DV), *Trans* fat 0g, Polyunsat fat 0.5g, Monounsaturat 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

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

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

Calories 190, Fat cal 130, **Total fat** 15g (23% DV), Sat fat 5g (24% DV), *Trans* fat 0g, Polyunsat fat 2g, Monounsaturat 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

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

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

Calories 110, Fat cal 80, **Total fat** 9g (14% DV), Sat fat 3.5g (18% DV), *Trans* fat 0g, Polyunsat fat 1g, Monounsaturat 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.

SERRANO HAM



Nutrition Facts

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

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

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.

CHARCUTERIE

UNCURED SOPRESSATA GRANDE (HOT & SWEET)



Nutrition Facts

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

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

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.

UNCURED CAPOCOLLO (HOT & SWEET)



Nutrition Facts

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

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

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.

BEEF SALAMI



Nutrition Facts

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

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

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.

TURKEY NUTRITION FACTS

BLACKENED TURKEY BREAST



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.

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

HONEY SMOKED TURKEY BREAST



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.

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

CAJUN STYLE SMOKED OVEN ROASTED TURKEY BREAST



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.

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

PITCRAFT. SLOW SMOKED TURKEY BREAST



Nutrition Facts

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

Calories 60, **Fat cal** 10, **Total fat** 1g (2% DV), **Sat fat** 0g (0% DV), **Trans fat** 0g, **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.

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

SALSALITO. ROASTED TURKEY BREAST



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.

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

TURKEY NUTRITION FACTS

CRACKED PEPPER MILL, SMOKED TURKEY BREAST



Nutrition Facts

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

Calories 60, **Fat cal** 10, **Total fat** 1g (2% DV), **Sat fat** 0g (0% DV), **Trans fat** 0g, **Polyunsat fat** 0g, **Monounsat fat** 0g, **Cholest** 30mg (10% DV), **Sodium** 460mg (19% DV), **Potassium** 170mg (5% DV), **Total carb** 0g (0% DV), **Fiber** 0g (0% DV), **Sugars** 1g, **Protein** 13g (23% DV), **Vitamin A** (0% DV), **Vitamin C** (0% DV), **Calcium** (0% DV), **Iron** (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

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

HICKORY SMOKED BLACK FOREST TURKEY BREAST - 40% LOWER SODIUM



Nutrition Facts

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

Calories 60, **Fat cal** 10, **Total fat** 1g (2% DV), **Sat fat** 0g (0% DV), **Trans fat** 0g, **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.

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

MAPLE GLAZED HONEY COAT, TURKEY BREAST



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.

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

MESQUITE WOOD SMOKED, ROASTED TURKEY BREAST



Nutrition Facts

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

Calories 60, **Fat cal** 10, **Total fat** 1g (2% DV), **Sat fat** 0g (0% DV), **Trans fat** 0g, **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.

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

NO SALT ADDED OVEN ROASTED TURKEY BREAST



Nutrition Facts

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

Calories 70, **Fat cal** 10, **Total fat** 1g (2% DV), **Sat fat** 0g (0% DV), **Trans fat** 0g, **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.

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

TURKEY NUTRITION FACTS

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** 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.

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

OVENGOLD. ROASTED TURKEY BREAST



Nutrition Facts

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

Calories 60, **Fat cal** 10, **Total fat** 1g (2% DV), **Sat fat** 0g (0% DV), **Trans fat** 0g, **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.

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

PASTRAMI SEASONED TURKEY BREAST



Nutrition Facts

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

Calories 60, **Fat cal** 10, **Total fat** 1g (2% DV), **Sat fat** 0g (0% DV), **Trans fat** 0g, **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.

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

GOLDEN ROASTED TURKEY BREAST



Nutrition Facts

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

Calories 60, **Fat cal** 10, **Total fat** 1g (2% DV), **Sat fat** 0g (0% DV), **Trans fat** 0g, **Polyunsat fat** 0g, **Monounsat fat** 0g, **Cholest** 25mg (8% DV), **Sodium** 380mg (16% 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.

Calories	Total fat	Cholest	Sodium	Protein
60	1g	25mg	380mg	12g

TUSCAN BRAND HERB ROASTED TURKEY BREAST



Nutrition Facts

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

Calories 60, **Fat cal** 5, **Total fat** 1g (2% DV), **Sat fat** 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.

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

TURKEY NUTRITION FACTS



JERK TURKEY, BREAST



Nutrition Facts

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

Calories 60, **Fat** 1g (2% DV), **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.

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

TURKEY



ALL NATURAL* ROASTED TURKEY BREAST

ALL NATURAL*



Nutrition Facts

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

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



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.

ALL NATURAL* CAP-OFF TOP ROUND OVEN ROASTED BEEF



Nutrition Facts

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

Calories	Total fat	Cholest	Sodium	Protein
80	3 g	40 mg	140 mg	14 g

Calories 80, **Fat cal** 25, **Total fat** 3g (4% DV), **Sat fat** 1g (5% DV), **Trans fat** 0g, **Polyunsat fat** 0g, **Monounsat fat** 1g, **Cholest** 40mg (13% DV), **Sodium** 140mg (6% DV), **Potassium** 200mg (6% DV), **Total carb** 0g (0% DV), **Fiber** 0g (0% DV), **Sugars** 0g, **Protein** 14g (28% DV), **Vitamin A** (0% DV), **Vitamin C** (2% DV), **Calcium** (0% DV), **Iron** (6% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.



ALL NATURAL* UNCURED[†] HAM



Nutrition Facts

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

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

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

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

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

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.



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).

ALL NATURAL*



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



Made with Tuscan Brand Herb Roasted Turkey Breast.
Standard serving is 2 oz. This sandwich contains 1.5 servings.

FOR ALL NATURAL* MEATS:

*No artificial ingredients, minimally processed
Raised without added hormones[‡], and no antibiotics ever

No nitrates or nitrites Added^{††}

No preservatives

Humanely raised^{***}

[‡] 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.



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

*No artificial ingredients, minimally processed.



Made with Ovengold® Turkey Breast. Standard serving size is 2oz.
This dish contains 1.5 servings.

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

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.

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.

SPICED OVENGOLD® TURKEY FAJITAS

SERVINGS: 4

INGREDIENTS:

- 1 pound Boar's Head® Ovensgold® 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

DELI SOURCE

Your favorite Boar's Head® delicatessen meats are for more than just sandwiches. Save time in meal preparation by replacing center of the plate meats with your favorite Boar's Head meat that is already fully cooked and full of flavor. Simply ask your deli associate to slice your meat ¼" to ½" thick. Then, cut it into strips, cube it, or serve it deliciously on its own.

Cut the Ovensgold® 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 Ovensgold 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.



Made with Blackened Turkey Breast & 3 Pepper Colby, Jack Cheese. Standard serving size for Turkey and Cheese is 2 oz and 1 oz respectively. This wrap contains 1.5 servings of turkey and 1 serving of cheese.



Made with Prosciutto di Parma. Standard serving size is 1 oz. This flat bread contains 1.5 servings.

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

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

DELI SOURCE

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

PROSCIUTTO & PROVOLONE PIZZA

SERVINGS: 1

INGREDIENTS:

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

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

DELI SOURCE

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



Made with Ovengold, Turkey Breast. Standard serving size is 2 oz.
All three of these sliders are 1,5 servings in total.



Made with Pepperhouse Gourmaise. Standard serving size is 2 oz. This dish contains 1,5 servings.

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For more information, see the American Heart Association® nutrition guidelines at heartcheckmark.org/guidelines.

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

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.

Place open rolls onto a clean work surface. Spread the Boar's Head Bold® Fiery Chipotle Gourmaise® spread 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.

PEPPERHOUSE GOURMAISE® DIP

SERVINGS: 4

INGREDIENTS:

- 1 Bottle Boar's Head® Pepperhouse Gourmaise® Spread
- Mini carrots
- Cucumber
- Red pepper
- Radishes
- Celery

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.

It's as easy as opening a bottle. Simply pour Boar's Head Pepperhouse Gourmaise® Spread 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.



Made with SmokeMaster Beechwood Smoked, Black Forest Uncured Ham. Standard serving size is 1 oz. This dish contains 2 servings.



Made with Sweet Slice, Smoked Uncured Ham. Standard serving size is 2 oz. This dish is made with 1 serving.

SMOKEMASTER BEECHWOOD SMOKED, BLACK FOREST UNCURED HAM ASPARAGUS ROLL-UPS

SERVINGS: 2

INGREDIENTS:

- 8 Asparagus spears
- 8 slices Boar's Head® SmokeMaster Beechwood Smoked, Black Forest Uncured Ham
- 1 tablespoon Olive oil

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

DELI SOURCE

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

EGGS BENEDICT

SERVINGS: 6

INGREDIENTS:

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

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

DELI SOURCE

Don't skip out on breakfast. Eating in the morning is proven to make you more energized and focused throughout the day. Try adding Boar's Head meats to your morning meal for extra protein.



Made with Ovengold® Turkey Breast.
Standard serving size is 2 oz.
This wrap is made with 1.5 servings.



Made with Pepperoni, Hot Uncured Capocollo, & Genoa Salami.
Standard serving size is 2 oz.
This sandwich is made with 2 servings.

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

OVENGOLD® TURKEY BREAST 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® Ovensgold® Turkey Breast, sliced ½" thick, diced
- ¼ cup Celery, chopped
- ½ cup Toasted walnuts
- 2 Whole wheat pita breads
- 4 Lettuce leaves

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.

Heat a dry skillet over medium heat, then add curry powder and toast for 20 seconds; let cool. Mix dried cranberries, sugar, and low-fat Greek yogurt in a bowl. Add the diced turkey, celery, walnuts, and toasted curry powder; combine thoroughly. Cut pita breads in half. Place a leaf of lettuce in each pita pocket; then divide the turkey mixture evenly among the 4 pita halves.

CLASSIC ITALIAN SUB

SERVINGS: 1

INGREDIENTS:

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

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:

<https://www.history.com/news/the-story-of-the-sandwich>

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.

Boar's Head

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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09/2025

†All Boar's Head meats, cheeses, condiments and spreads are gluten free.

**No trans fat from partially hydrogenated oils.