

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, standards mostly abandoned in a mass-produced world. Meats and cheeses that contain no gluten*, artificial colors or flavors, MSG added, fillers or by-products, or trans fat†.

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

Boar's Head is proud and honored to be the name you can trust for the nutrition of your family.

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

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boarshhead.com
06/2016

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

†From partially hydrogenated oils.

NUTRITIONAL FACTS & RECIPES Boar's Head

COMPROMISE ELSEWHERE.





Made with Ovengold, Roasted Turkey Breast
& Sharp Wisconsin Cheddar 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 Brand 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



Per 2 oz serving of meat.

TURKEY

All Natural* Roasted Turkey Breast
All Natural* Smoked Turkey Breast
All Natural* Tuscan Brand Roasted Turkey Breast
Bold Salsalito® Roasted Turkey Breast
Cracked Pepper Mill® Smoked Turkey Breast
Golden Catering Style Oven Roasted Turkey Breast
- 43% Lower Sodium
Hickory Smoked Black Forest Turkey Breast
- 40% Lower Sodium
Pre-sliced Honey Smoked Turkey Breast
Maple Glazed Honey Coat® Cured Turkey Breast
Mesquite Wood Smoked® Roasted Turkey Breast
- 32% Lower Sodium
No Salt Added Oven Roasted Turkey Breast
Our Premium Lower Sodium Turkey Breast
- 46% Lower Sodium - Skinless
Our Premium 46% Lower Sodium Turkey Breast
- 46% Lower Sodium - Skin-On
Ovengold® Roasted Turkey Breast
Pastrami Seasoned Turkey Breast

CHICKEN

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

HAM

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

BEEF

Londonport® Top Round Seasoned Roast Beef

*No artificial ingredients, minimally processed.

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 purposes are to generate public awareness of the role of food and synthetic additives in behavior, learning and health, as well as support members in the implementation of the Feingold Program.



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

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 ⁷	20%
SmokeMaster Beechwood Smoked® Black Forest Ham - With Natural Juices - 31% Lower Sodium	460mg ¹	19%
33% Lower Sodium Bologna	360mg ⁶	15%
Our Premium Lower Sodium Turkey Breast - 46% Lower Sodium - Skinless - 46% Lower Sodium - Skin-On	360mg ⁴	15%
Ovengold® Roasted Turkey Breast - 46% Lower Sodium - Skinless	360mg ⁴	15%
Hickory Smoked Black Forest Turkey Breast - 40% Lower Sodium	390mg ³	16%
Deluxe Low Sodium Oven Roasted Beef - Cap Off Top Round	80mg ²	3%
No Salt Added Oven Roasted Turkey Breast	55mg ³	2%
Lite Beef Frankfurters - 40% Lower Sodium (per 45g Frank)	270mg ¹⁰	11%
Mesquite Wood Smoked® Roasted Turkey Breast - 32% Lower Sodium	440mg ¹¹	18%
Golden Catering Style Oven Roasted Turkey Breast - 43% Lower Sodium	380mg ⁵	14%
Golden Classic® Oven Roasted Chicken Breast - 42% Lower Sodium	350mg ¹²	15%

Premium Delicatessen Cheeses • 1 oz (28g) Serving	Sodium	% DV
44% Lower Sodium Provolone Cheese	140mg ¹³	6%
Lacey Swiss Cheese	35mg ²	1%
Low Sodium Muenster Cheese	75mg ²	3%
Gold Label Imported Switzerland Swiss® Cheese	60mg ²	2%
No Salt Added All Natural Swiss Cheese	10mg ³	0%
33% Lower Fat - 36% Lower Sodium American Cheese - Reduced Fat Pasteurized Process American Cheese	300mg ¹⁴	12%

- 31% less sodium than the USDA data for extra lean roasted ham.
- Naturally low in sodium.
- Not a sodium-free food.
- 46% lower sodium than USDA data for deli cut white rotisserie turkey.
- 43% lower sodium than USDA data for deli cut white rotisserie turkey.
- 33% lower sodium than USDA data for bologna.
- 42% lower sodium than USDA data for regular boneless roasted ham.
- 40% lower sodium than USDA data for smoked turkey with lemon pepper flavor.
- 40% lower sodium than USDA data for beef frankfurters.
- 32% lower sodium than USDA data for smoked turkey with lemon pepper flavor.
- 42% lower sodium than USDA data for oven roasted deli sliced chicken breast.
- 44% lower sodium than USDA data for regular provolone cheese.
- 36% less sodium 33% less fat than the USDA data for pasteurized process american cheese.

DV=Daily Value

BEEF NUTRITION FACTS

BOLD CAJUN STYLE SEASONED OVEN ROASTED BEEF - CAP-OFF TOP ROUND



Nutrition Facts

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

Calories 80, Fat cal 30, **Total fat** 3g (5% DV), Sat fat 1g (6% DV), **Trans** fat 0g, Monounsaturated fat 1.5g, Polyunsaturated fat 0g, **Cholest** 35mg (11% DV), **Sodium** 410mg (17% DV), **Potassium** 180mg (5% DV), **Total carb** 0g (0% DV), Fiber 0g (0% DV), Sugars 0g, **Protein** 12g (25% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (8% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

Calories	Total fat	Cholest	Sodium	Protein
80	3g	35mg	410mg	12g

DELUXE LOW SODIUM OVEN ROASTED BEEF - CAP-OFF TOP ROUND



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, Monounsaturated fat 1.5g, Polyunsaturated fat 0g, **Cholest** 35mg (12% DV), **Sodium** 80mg (3% DV), **Potassium** 180mg (5% DV), **Total carb** <1g (0% DV), Fiber 0g (0% DV), Sugars 0g, **Protein** 15g (30% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (8% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

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

ITALIAN STYLE SEASONED BEEF WITH BRACIOLE SEASONING



Nutrition Facts

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

Calories 80, Fat cal 25, **Total fat** 3g (4% DV), Sat fat 1g (5% DV), **Trans** fat 0g, Monounsaturated fat 1.5g, Polyunsaturated fat 0g, **Cholest** 35mg (12% DV), **Sodium** 370mg (15% DV), **Potassium** 180mg (5% 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 (6% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

Calories	Total fat	Cholest	Sodium	Protein
80	3g	35mg	370mg	13g

LONDON BROIL CAP-OFF TOP ROUND OVEN ROASTED BEEF



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, Monounsaturated fat 1.5g, Polyunsaturated fat 0g, **Cholest** 25mg (8% DV), **Sodium** 310mg (13% DV), **Total carb** 0g (0% DV), Fiber 0g (0% DV), Sugars 0g, **Protein** 12g (24% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (8% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

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

LONDONPORT. TOP ROUND SEASONED 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, Monounsaturated fat 1g, Polyunsaturated fat 0g, **Cholest** 40mg (14% DV), **Sodium** 350mg (15% DV), **Potassium** 200mg (6% DV), **Total carb** 2g (1% DV), Fiber 0g (0% DV), Sugars 2g, **Protein** 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.

Calories	Total fat	Cholest	Sodium	Protein
80	2.5g	40mg	350mg	13g

BEEF NUTRITION FACTS

SEASONED FILET OF ROAST BEEF - CAP-OFF TOP ROUND



Nutrition Facts

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, Monounsaturated fat 1.5g, Polyunsaturated fat 0g, **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.

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

COOKED CORNED BEEF TOP ROUND - CAP-OFF



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, Monounsaturated fat 1g, Polyunsaturated fat 0g, **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.

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

1ST CUT COOKED CORNED BEEF BRISKET



Nutrition Facts

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

Calories 80, Fat cal 35, **Total fat** 4g (6% DV), Sat fat 1.5g (7% DV), **Trans** fat 0g, Monounsaturated fat 2g, Polyunsaturated fat 0g, **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.

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

CAP-OFF TOP ROUND PASTRAMI



Nutrition Facts

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

Calories 80, Fat cal 30, **Total fat** 3g (5% DV), Sat fat 1g (6% DV), **Trans** fat 0g, Monounsaturated fat 1.5g, Polyunsaturated fat 0g, **Cholest** 30mg (11% DV), **Sodium** 600mg (25% DV), **Total carb** <1g (0% DV), Fiber 0g (0% DV), Sugars 0g, **Protein** 13g (26% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (8% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

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

1ST 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, Monounsaturated fat 2g, Polyunsaturated fat 0g, **Cholest** 30mg (10% DV), **Sodium** 670mg (28% DV), **Total carb** 2g (1% DV), Fiber 0g (0% DV), Sugars 0g, **Protein** 12g (25% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (8% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

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

BOLOGNA, WURSTS & LOAVES

NUTRITION FACTS

33% LOWER SODIUM BOLOGNA



Nutrition Facts

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

Calories 150, Fat cal 110, **Total fat** 13g (20% DV), Sat fat 4.5g (23% DV), *Trans* fat 0g, Monounsaturated fat 6g, Polyunsaturated fat 1.5g, **Cholest** 30mg (10% DV), **Sodium** 360mg (15% DV), **Potassium** 125mg (4% DV), **Total carb** 0g (0% DV), Fiber 0g (0% DV), Sugars 0g, **Protein** 8g (15% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (4% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

Calories	Total fat	Cholest	Sodium	Protein
150	13g	30mg	360mg	8g

BEEF BOLOGNA



Nutrition Facts

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

Calories 150, Fat cal 120, **Total fat** 13g (21% DV), Sat fat 4g (19% DV), Monounsaturated fat 5g, Polyunsaturated fat 0g, **Cholest** 35mg (11% DV), **Sodium** 520mg (22% DV), **Total carb** 0g (0% DV), Fiber 0g (0% DV), Sugars 0g, **Protein** 7g (14% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (4% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

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

GARLIC BOLOGNA



Nutrition Facts

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

Calories 150, Fat cal 120, **Total fat** 13g (21% DV), Sat fat 4.5g (22% DV), *Trans* fat 0g, Monounsaturated fat 6g, Polyunsaturated fat 1g, **Cholest** 35mg (11% DV), **Sodium** 530mg (22% DV), **Potassium** 110mg (3% DV), **Total carb** 1g (0% DV), Fiber 0g (0% DV), Sugars 1g, **Protein** 7g (14% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (4% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

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

BOLOGNA (PORK & BEEF)



Nutrition Facts

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

Calories 150, Fat cal 120, **Total fat** 13g (21% DV), Sat fat 4.5g (22% DV), *Trans* fat 0g, Monounsaturated fat 6g, Polyunsaturated fat 1g, **Cholest** 35mg (11% DV), **Sodium** 530mg (22% DV), **Total carb** 1g (0% DV), Fiber 0g (0% DV), Sugars 1g, **Protein** 7g (14% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (4% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

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

LITE BRAUNSCHWEIGER LIVERWURST



Nutrition Facts

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

Calories 120, Fat cal 80, **Total fat** 8g (13% DV), Sat fat 5g (24% DV), *Trans* fat 0g, Monounsaturated fat 2.5g, Polyunsaturated fat 1g, **Cholest** 50mg (16% DV), **Sodium** 450mg (19% DV), **Potassium** 105mg (3% DV), **Total carb** 1g (0% DV), Fiber 0g (0% DV), Sugars 0g, **Protein** 9g (18% DV), Vitamin A (220% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (25% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

Calories	Total fat	Cholest	Sodium	Protein
120	8g	50mg	450mg	9g

BOLOGNA, WURSTS & LOAVES

NUTRITION FACTS

STRASSBURGER BRAND LIVERWURST



Nutrition Facts

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

Calories 170, Fat cal 130, **Total fat** 15g (22% DV), Sat fat 6g (28% DV), *Trans* fat 0g, Monounsaturated fat 7g, Polyunsaturated fat 1.5g, **Cholest** 85mg (28% DV), **Sodium** 470mg (20% DV), **Potassium** 85mg (2% DV), **Total carb** 1g (0% DV), Fiber 0g (0% DV), Sugars 1g, **Protein** 8g (16% DV), Vitamin A (220% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (25% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

Calories	Total fat	Cholest	Sodium	Protein
170	15g	85mg	470mg	8g

OLIVE LOAF



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, Monounsaturated fat 4.5g, Polyunsaturated fat 1g, **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.

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

PICKLE & PEPPER LOAF



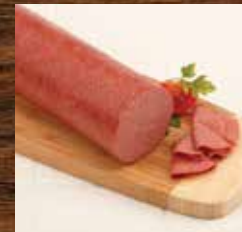
Nutrition Facts

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

Calories 150, Fat cal 110, **Total fat** 13g (19% DV), Sat fat 7g (35% DV), *Trans* fat 0g, Monounsaturated fat 4.5g, Polyunsaturated fat 0g, **Cholest** 30mg (10% DV), **Sodium** 500mg (21% DV), **Total carb** 2g (1% DV), Fiber 0g (0% DV), Sugars 1g, **Protein** 6g (13% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (4% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

Calories	Total fat	Cholest	Sodium	Protein
150	13g	30mg	500mg	6g

BEEF SALAMI



Nutrition Facts

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, Monounsaturated fat 4.5g, Polyunsaturated fat 0g, **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.

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

COOKED SALAMI



Nutrition Facts

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

Calories 130, Fat cal 100, **Total fat** 11g (16% DV), Sat fat 5g (24% DV), *Trans* fat 0g, Monounsaturated fat 5g, Polyunsaturated fat 0g, **Cholest** 40mg (13% DV), **Sodium** 590mg (25% DV), **Potassium** 135mg (4% 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 (4% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

Calories	Total fat	Cholest	Sodium	Protein
130	11g	40mg	590mg	8g

CHEESE | NUTRITION FACTS

AMERICAN CHEESE (YELLOW & WHITE) PASTEURIZED PROCESS AMERICAN CHEESE



Nutrition Facts

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

Calories 110, Fat cal 80, **Total fat** 9g (13% DV), Sat fat 6g (28% DV),
Trans fat 0g, Monounsaturated fat 2.5g, Polyunsaturated fat 0g, **Cholest** 25mg (9% DV), **Sodium** 350mg (15% DV), **Total carb** 1g (0% DV), Fiber 0g (0% DV),
Sugars 0g, **Protein** 6g (11% DV), Vitamin A (2% DV), Vitamin C (0% DV),
Calcium (15% DV), Iron (0% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

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

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



Nutrition Facts

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

Calories 90, Fat cal 60, **Total fat** 6g (10% DV), Sat fat 4.5g (22% DV),
Trans fat 0g, **Cholest** 20mg (7% DV), **Sodium** 300mg (12% DV), **Total carb** 2g (1% DV), Fiber 0g (0% DV), Sugars 0g, **Protein** 7g (13% DV), Vitamin
A (4% DV), Vitamin C (0% DV), Calcium (15% DV), Iron (2% DV). Percent
Daily Values (DV) are based on a 2,000 calorie diet.

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

SHARP AMERICAN CHEESE (WHITE) PASTEURIZED PROCESS AMERICAN CHEESE



Nutrition Facts

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

Calories 110, Fat cal 80, **Total fat** 9g (14% DV), Sat fat 6g (29% DV),
Trans fat 0g, **Cholest** 20mg (7% DV), **Sodium** 350mg (15% DV), **Total carb** 1g (0% DV), Fiber 0g (0% DV), Sugars 1g, **Protein** 6g (11% DV), Vitamin
A (6% DV), Vitamin C (0% DV), Calcium (15% DV), Iron (0% DV). Percent
Daily Values (DV) are based on a 2,000 calorie diet.

Calories	Total fat	Cholest	Sodium	Protein
110	9g	20mg	350mg	6g

BOLD HORSERADISH CHEDDAR CHEESE



Nutrition Facts

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

Calories 110, Fat cal 80, **Total fat** 9g (13% 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), Sugars 0g, **Protein** 6g (13% DV), Vitamin
A (4% DV), Vitamin C (0% DV), Calcium (15% DV), Iron (0% DV). Percent
Daily Values (DV) are based on a 2,000 calorie diet.

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

BOLD 3 PEPPER COLBY JACK® CHEESE



Nutrition Facts

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

Calories 100, Fat cal 70, **Total fat** 8g (13% DV), Sat fat 5g (26% DV),
Trans fat 0g, Monounsaturated fat 2g, Polyunsaturated fat 0g, **Cholest** 25mg (8% DV),
Sodium 170mg (7% DV), **Total carb** 1g (0% DV), Fiber 0g (0% DV), Sugars 0g, **Protein** 6g (13% DV), Vitamin A (8% DV), Vitamin C (0% DV), Calcium
(20% DV), Iron (0% DV). Percent Daily Values (DV) are based on a 2,000
calorie diet.

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

CHEESE | NUTRITION FACTS

BOLD CHIPOTLE GOUDA CHEESE



Nutrition Facts

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

Calories 100, Fat cal 70, **Total fat** 8g (12% DV), Sat fat 5g (27% DV),
Trans fat 0g, Monounsaturated fat 2g, Polyunsaturated fat 0g, **Cholest** 20mg (7% DV), **Sodium** 240mg (10% DV), **Total carb** <1g (0% DV), Fiber 0g (0% DV),
Sugars 0g, **Protein** 6g (13% DV), Vitamin A (6% DV), Vitamin C (0% DV),
Calcium (15% DV), Iron (0% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

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

BOLD MARBLEU™ MARBLED BLUE MONTEREY JACK CHEESE



Nutrition Facts

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

Calories 100, Fat cal 70, **Total fat** 8g (13% DV), Sat fat 6g (29% DV),
Trans fat 0g, Monounsaturated fat 2g, Polyunsaturated fat 0g, **Cholest** 25mg (9% DV), **Sodium** 160mg (7% DV), **Total carb** <1g (0% DV), Fiber 0g (0% DV),
Sugars 0g, **Protein** 7g (13% DV), Vitamin A (6% DV), Vitamin C (0% DV),
Calcium (20% DV), Iron (0% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

Calories	Total fat	Cholest	Sodium	Protein
100	8g	25mg	160mg	7g

BOLD ITALIAN STYLE HERB COATED WHOLE MILK LOW MOISTURE MOZZARELLA CHEESE



Nutrition Facts

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

Calories 90, Fat cal 50, **Total fat** 6g (9% DV), Sat fat 3.5g (18% DV), *Trans*
fat 0g, Monounsaturated fat 1.5g, Polyunsaturated fat 0g, **Cholest** 25mg (8% DV),
Sodium 180mg (8% DV), **Total carb** 2g (1% DV), Fiber 0g (0% DV), Sugars 0g, **Protein** 7g (14% DV), Vitamin A (4% DV), Vitamin C (0% DV), Calcium
(20% DV), Iron (0% DV). Percent Daily Values (DV) are based on a 2,000
calorie diet.

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

VERMONT CHEDDAR CHEESE (YELLOW & WHITE) - LACTOSE FREE



Nutrition Facts

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

Calories 110, Fat cal 90, **Total fat** 10g (15% DV), Sat fat 6g (32% DV),
Trans fat 0g, Monounsaturated fat 2g, Polyunsaturated fat 0g, **Cholest** 30mg (10% DV), **Sodium** 180mg (7% DV), **Total carb** 0g (0% DV), Fiber 0g (0% DV),
Sugars 0g, **Protein** 7g (14% DV), Vitamin A (6% DV), Vitamin C (0% DV),
Calcium (20% DV), Iron (0% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

Calories	Total fat	Cholest	Sodium	Protein
110	10g	30mg	180mg	7g

COLBY JACK CHEESE



Nutrition Facts

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

Calories 110, Fat cal 80, **Total fat** 9g (14% DV), Sat fat 6g (32% DV),
Trans fat 0g, Monounsaturated fat 3g, Polyunsaturated fat 0g, **Cholest** 25mg (9% DV), **Sodium** 180mg (7% DV), **Total carb** 0g (0% DV), Fiber 0g (0% DV),
Sugars 0g, **Protein** 6g (13% DV), Vitamin A (10% DV), Vitamin C (0% DV),
Calcium (20% DV), Iron (0% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

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

CHEESE | NUTRITION FACTS

BLANC GRUE™ GRUYERE CHEESE



Nutrition Facts

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

Calories 110, **Fat cal** 80, **Total fat** 9g (13% DV), **Sat fat** 6g (28% DV), **Trans fat** 0g, **Cholest** 20mg (6% DV), **Sodium** 150mg (6% DV), **Total carb** <1g (0% DV), **Fiber** 0g (0% DV), **Sugars** 0g, **Protein** 7g (15% DV), **Vitamin A** (8% DV), **Vitamin C** (0% DV), **Calcium** (25% DV), **Iron** (0% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

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

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



Nutrition Facts

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

Calories 110, **Fat cal** 90, **Total fat** 10g (16% DV), **Sat fat** 7g (34% DV), **Trans fat** 0g, **Monounsaturated fat** 2g, **Polyunsaturated fat** 0g, **Cholest** 35mg (12% DV), **Sodium** 210mg (9% DV), **Total carb** 0g (0% DV), **Fiber** 0g (0% DV), **Sugars** 0g, **Protein** 6g (11% DV), **Vitamin A** (6% DV), **Vitamin C** (0% DV), **Calcium** (20% DV), **Iron** (0% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

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

MONTEREY JACK CHEESE: PLAIN OR JALAPEÑO PEPPER JACK



Nutrition Facts

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

Calories 100, **Fat cal** 80, **Total fat** 9g (14% DV), **Sat fat** 5g (27% DV), **Trans fat** 0g, **Monounsaturated fat** 2g, **Polyunsaturated fat** 0g, **Cholest** 25mg (8% DV), **Sodium** 180mg (8% DV), **Total carb** 0g (0% DV), **Fiber** 0g (0% DV), **Sugars** 0g, **Protein** 6g (12% DV), **Vitamin A** (6% DV), **Vitamin C** (0% DV), **Calcium** (20% DV), **Iron** (0% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

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

WHOLE MILK LOW MOISTURE MOZZARELLA CHEESE



Nutrition Facts

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

Calories 90, **Fat cal** 60, **Total fat** 7g (11% DV), **Sat fat** 4.5g (22% DV), **Trans fat** 0g, **Monounsaturated fat** 2.5g, **Polyunsaturated fat** 0g, **Cholest** 20mg (7% DV), **Sodium** 150mg (6% DV), **Potassium** 20mg (1% DV), **Total carb** 1g (0% DV), **Fiber** 0g (0% DV), **Sugars** 0g, **Protein** 6g (13% DV), **Vitamin A** (4% DV), **Vitamin C** (0% DV), **Calcium** (15% DV), **Iron** (0% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

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

MUENSTER CHEESE



Nutrition Facts

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

Calories 100, **Fat cal** 80, **Total fat** 8g (13% DV), **Sat fat** 5g (26% DV), **Trans fat** 0g, **Monounsaturated fat** 2.5g, **Polyunsaturated fat** 0g, **Cholest** 25mg (9% DV), **Sodium** 190mg (8% DV), **Potassium** 30mg (1% DV), **Total carb** 0g (0% DV), **Fiber** 0g (0% DV), **Sugars** 0g, **Protein** 6g (13% DV), **Vitamin A** (6% DV), **Vitamin C** (0% DV), **Calcium** (20% DV), **Iron** (0% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

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

CHEESE | NUTRITION FACTS

LOW SODIUM MUENSTER CHEESE



Nutrition Facts

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

Calories 100, **Fat cal** 70, **Total fat** 8g (12% DV), **Sat fat** 5g (25% DV), **Trans fat** 0g, **Monounsaturated fat** 2.5g, **Polyunsaturated fat** 0.5g, **Cholest** 20mg (7% DV), **Sodium** 75mg (3% DV), **Total carb** 0g (0% DV), **Fiber** 0g (0% DV), **Sugars** 0g, **Protein** 6g (11% DV), **Vitamin A** (8% DV), **Vitamin C** (0% DV), **Calcium** (20% DV), **Iron** (0% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

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

44% LOWER SODIUM PROVOLONE CHEESE



Nutrition Facts

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

Calories 100, **Fat cal** 60, **Total fat** 7g (11% DV), **Sat fat** 4.5g (23% DV), **Trans fat** 0g, **Monounsaturated fat** 2g, **Polyunsaturated fat** 0g, **Cholest** 20mg (7% DV), **Sodium** 140mg (6% DV), **Potassium** 35mg (1% DV), **Total carb** 1g (0% DV), **Fiber** 0g (0% DV), **Sugars** 0g, **Protein** 7g (14% DV), **Vitamin A** (4% DV), **Vitamin C** (0% DV), **Calcium** (20% DV), **Iron** (0% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

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

PICANTE PROVOLONE CHEESE



Nutrition Facts

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

Calories 100, **Fat cal** 70, **Total fat** 8g (12% DV), **Sat fat** 5g (25% DV), **Trans fat** 0g, **Monounsaturated fat** 2.5g, **Polyunsaturated fat** 0g, **Cholest** 25mg (8% DV), **Sodium** 220mg (9% DV), **Total carb** 1g (0% DV), **Fiber** 0g (0% DV), **Sugars** 0g, **Protein** 7g (14% DV), **Vitamin A** (4% DV), **Vitamin C** (0% DV), **Calcium** (20% DV), **Iron** (0% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

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

BABY SWISS CHEESE



Nutrition Facts

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

Calories 110, **Fat cal** 80, **Total fat** 9g (14% DV), **Sat fat** 6g (29% DV), **Trans fat** 0g, **Monounsaturated fat** 3g, **Polyunsaturated fat** 0g, **Cholest** 25mg (8% DV), **Sodium** 135mg (6% DV), **Total carb** <1g (0% DV), **Fiber** 0g (0% DV), **Sugars** 0g, **Protein** 7g (14% DV), **Vitamin A** (6% DV), **Vitamin C** (0% DV), **Calcium** (20% DV), **Iron** (0% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

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

GOLD LABEL IMPORTED SWITZERLAND SWISS CHEESE - LACTOSE FREE



Nutrition Facts

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

Calories 110, **Fat cal** 80, **Total fat** 8g (13% DV), **Sat fat** 5g (25% DV), **Trans fat** 0g, **Monounsaturated fat** 2g, **Polyunsaturated fat** 0g, **Cholest** 25mg (9% DV), **Sodium** 60mg (2% DV), **Potassium** 25mg (1% DV), **Total carb** <1g (0% DV), **Fiber** 0g (0% DV), **Sugars** 0g, **Protein** 9g (17% DV), **Vitamin A** (6% DV), **Vitamin C** (0% DV), **Calcium** (30% DV), **Iron** (0% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

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

CHEESE : NUTRITION FACTS

LACEY SWISS CHEESE



Nutrition Facts

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

Calories 90, Fat cal 50, **Total fat** 6g (9% DV), Sat fat 4g (20% DV), *Trans* fat 0g, **Cholest** 15mg (6% DV), **Sodium** 35mg (1% DV), **Total carb** 0g (0% DV), Fiber 0g (0% DV), Sugars 0g, **Protein** 9g (18% DV), Vitamin A (6% DV), Vitamin C (0% DV), Calcium (25% DV), Iron (0% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

Calories	Total fat	Cholest	Sodium	Protein
90	6g	15mg	35mg	9g

MILD SWISS CHEESE



Nutrition Facts

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

Calories 110, Fat cal 80, **Total fat** 8g (13% DV), Sat fat 5g (27% DV), *Trans* fat 0g, **Cholest** 20mg (7% DV), **Sodium** 65mg (3% DV), **Total carb** 0g (0% DV), Fiber 0g (0% DV), Sugars 0g, **Protein** 7g (15% DV), Vitamin A (4% DV), Vitamin C (0% DV), Calcium (25% DV), Iron (0% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

Calories	Total fat	Cholest	Sodium	Protein
110	8g	20mg	65mg	7g

NO SALT ADDED SWISS CHEESE



Nutrition Facts

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

Calories 110, Fat cal 70, **Total fat** 8g (13% DV), Sat fat 5g (27% DV), *Trans* fat 0g, Monounsaturat fat 2.5g, Polyunsaturat fat 0g, **Cholest** 25mg (8% DV), **Sodium** 10mg (0% DV), **Total carb** 1g (0% DV), Fiber 0g (0% DV), Sugars 0g, **Protein** 8g (16% DV), Vitamin A (6% DV), Vitamin C (0% DV), Calcium (25% DV), Iron (0% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

Calories	Total fat	Cholest	Sodium	Protein
110	8g	25mg	10mg	8g



Made with
Bold Marbled® Marbled Blue Monterey Jack Cheese

CHICKEN : NUTRITION FACTS

ALL AMERICAN BBQ SEASONED ROASTED CHICKEN BREAST



Nutrition Facts

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

Calories 70, Fat cal 10, **Total fat** 1g (2% DV), Sat fat 0g (0% DV), *Trans* fat 0g, Monounsaturat fat 0g, Polyunsaturat fat 0g, **Cholest** 35mg (12% DV), **Sodium** 370mg (15% DV), **Potassium** 160mg (5% DV), **Total carb** 2g (1% DV), Fiber 0g (0% DV), Sugars 2g, **Protein** 13g (26% DV), Vitamin A (0% DV), Vitamin C (2% DV), Calcium (0% DV), Iron (4% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

Calories	Total fat	Cholest	Sodium	Protein
70	1g	35mg	370mg	13g

BLAZING BUFFALO® STYLE 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, Monounsaturat fat 0g, Polyunsaturat 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** 13g (26% DV), Vitamin A (2% DV), Vitamin C (2% DV), Calcium (0% DV), Iron (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

Calories	Total fat	Cholest	Sodium	Protein
60	1g	35mg	460mg	13g

BOLD CHIPOTLE 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, Monounsaturat fat 0g, Polyunsaturat 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	1g	40mg	420mg	13g

BOLD ICHIBAN TERIYAKI™ STYLE OVEN ROASTED CHICKEN BREAST



Nutrition Facts

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, Monounsaturat fat 0.5g, Polyunsaturat fat 0g, **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.

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

BOLD JERK OVEN ROASTED CHICKEN BREAST



Nutrition Facts

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, Monounsaturat fat 0.5g, Polyunsaturat fat 0g, **Cholest** 40mg (13% DV), **Sodium** 460mg (19% 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 (2% DV), Iron (4% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

Calories	Total fat	Cholest	Sodium	Protein
60	1.5g	40mg	460mg	11g

CHICKEN | NUTRITION FACTS

EVERROAST. OVEN ROASTED CHICKEN BREAST



Nutrition Facts

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

Calories 60, Fat cal 10, **Total fat** 1g (2% DV), Sat fat 0g (0% DV), *Trans* fat 0g, Monounsaturated fat 0.5g, Polyunsaturated fat 0g, **Cholest** 30mg (10% DV), **Sodium** 440mg (18% DV), **Potassium** 160mg (5% DV), **Total carb** <1g (0% DV), Fiber 0g (0% DV), Sugars 1g, **Protein** 12g (24% 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	12 g

GOLDEN CLASSIC. OVEN ROASTED CHICKEN BREAST - 42% LOWER SODIUM



Nutrition Facts

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, Monounsaturated fat 0.5g, Polyunsaturated fat 0g, **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.

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

LEMON PEPPER. ROASTED CHICKEN BREAST



Nutrition Facts

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

Calories 60, Fat cal 10, **Total fat** 1g (2% DV), Sat fat 0g (0% DV), *Trans* fat 0g, Monounsaturated fat 0g, Polyunsaturated fat 0g, **Cholest** 35mg (12% DV), **Sodium** 360mg (15% 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	1 g	35 mg	360 mg	13 g

MAPLE GLAZED ROASTED CHICKEN BREAST



Nutrition Facts

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

Calories 60, Fat cal 10, **Total fat** 1g (2% DV), Sat fat 0g (0% DV), *Trans* fat 0g, Monounsaturated fat 0g, Polyunsaturated fat 0g, **Cholest** 30mg (10% DV), **Sodium** 340mg (14% DV), **Potassium** 160mg (5% DV), **Total carb** 2g (1% DV), Fiber 0g (0% DV), Sugars 2g, **Protein** 12g (24% DV), Vitamin A (0% DV), Vitamin C (4% 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
60	1 g	30 mg	340 mg	12 g

ROTISSERIE SEASONED ROASTED CHICKEN BREAST



Nutrition Facts

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

Calories 60, Fat cal 10, **Total fat** 1g (2% DV), Sat fat 0g (0% DV), *Trans* fat 0g, Monounsaturated fat 0g, Polyunsaturated fat 0g, **Cholest** 35mg (12% DV), **Sodium** 400mg (17% DV), **Potassium** 180mg (5% 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	35 mg	400 mg	13 g

HAM | NUTRITION FACTS

SMOKEMASTER BEECHWOOD SMOKED. BLACK FOREST HAM - WITH NATURAL JUICES



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, Monounsaturated fat 0g, Polyunsaturated 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 (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
60	1 g	30 mg	460 mg	10 g

BOLD PEPPENERO. GARLIC HAM - WITH NATURAL JUICES



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, Monounsaturated fat 1g, Polyunsaturated fat 0g, **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 - WATER ADDED



Nutrition Facts

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

Calories 60, Fat cal 10, **Total fat** 1g (2% DV), Sat fat 0g (0% DV), *Trans* fat 0g, Monounsaturated fat 0.5g, Polyunsaturated fat 0g, **Cholest** 25mg (9% DV), **Sodium** 590mg (25% DV), **Total carb** 2g (1% DV), Fiber 0g (0% DV), Sugars 2g, **Protein** 9g (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	25 mg	590 mg	9 g

BRANDED DELUXE HAM - 42% LOWER SODIUM - WATER ADDED



Nutrition Facts

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

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

CAPPY BRAND HAM - WATER ADDED



Nutrition Facts

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

Calories 60, Fat cal 15, **Total fat** 1.5g (3% DV), Sat fat 0.5g (3% DV), *Trans* fat 0g, Monounsaturated fat 1g, Polyunsaturated fat 0g, **Cholest** 15mg (5% DV), **Sodium** 590mg (25% DV), **Total carb** 3g (1% DV), Fiber 0g (0% DV), Sugars 2g, **Protein** 10g (19% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (8% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

Calories	Total fat	Cholest	Sodium	Protein
60	1.5 g	15 mg	590 mg	10 g

HAM NUTRITION FACTS

GOURMET PEPPER BRAND HAM - WATER ADDED



Nutrition Facts

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

Calories 60, Fat cal 10, **Total fat** 1g (2% DV), Sat fat 0g (0% DV), *Trans* fat 0g, Monounsaturated fat 0.5g, Polyunsaturated fat 0g, **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	1g	20mg	500mg	10g

MAPLE GLAZED HONEY COAT. HAM - WATER ADDED



Nutrition Facts

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

Calories 60, Fat cal 10, **Total fat** 1g (2% DV), Sat fat 0g (0% DV), *Trans* fat 0g, Monounsaturated fat 0.5g, Polyunsaturated fat 0g, **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	1g	20mg	570mg	10g

PESTO PARMESAN OVEN ROASTED HAM



Nutrition Facts

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

Calories 70, Fat cal 20, **Total fat** 2.5g (3% DV), Sat fat 1g (4% DV), *Trans* fat 0g, Monounsaturated fat 1g, Polyunsaturated fat 0g, **Cholest** 30mg (10% DV), **Sodium** 550mg (23% DV), **Potassium** 170mg (5% DV), **Total carb** 1g (0% DV), Fiber 0g (0% DV), Sugars 0g, **Protein** 12g (23% DV), Vitamin A (8% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

Calories	Total fat	Cholest	Sodium	Protein
70	2.5g	30mg	550mg	12g

ROSEMARY & SUNDRIED TOMATO HAM - WITH NATURAL JUICES



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, Monounsaturated fat 1.5g, Polyunsaturated fat 0g, **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	2.5g	10mg	500mg	10g

SMOKED VIRGINIA HAM - WATER ADDED



Nutrition Facts

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

Calories 60, Fat cal 10, **Total fat** 1g (2% DV), Sat fat 0g (0% DV), *Trans* fat 0g, Monounsaturated fat 0.5g, Polyunsaturated fat 0g, **Cholest** 25mg (8% DV), **Sodium** 590mg (25% 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	1g	25mg	590mg	9g

HAM NUTRITION FACTS

SWEET SLICE, BONELESS SMOKED HAM - WITH NATURAL JUICES



Nutrition Facts

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

Calories 60, Fat cal 20, **Total fat** 2.5g (4% DV), Sat fat 1g (5% DV), *Trans* fat 0g, Monounsaturated fat 1.5g, Polyunsaturated fat 0g, **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.

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

TAVERN HAM - WITH NATURAL JUICES



Nutrition Facts

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

Calories 60, Fat cal 10, **Total fat** 1.5g (2% DV), Sat fat 0.5g (3% DV), *Trans* fat 0g, Monounsaturated fat 0.5g, Polyunsaturated fat 0g, **Cholest** 30mg (10% DV), **Sodium** 540mg (23% DV), **Potassium** 160mg (5% DV), **Total carb** 2g (1% DV), Fiber 0g (0% DV), Sugars 2g, **Protein** 10g (20% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (4% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

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

VIRGINIA HAM - WATER ADDED



Nutrition Facts

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

Calories 60, Fat cal 10, **Total fat** 1g (2% DV), Sat fat 0g (0% DV), *Trans* fat 0g, Monounsaturated fat 0.5g, Polyunsaturated fat 0g, **Cholest** 25mg (8% DV), **Sodium** 590mg (25% 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.

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



Made with
SmokeMaster Beechwood Smoked® Black Forest Ham

ITALIAN & OTHER DELICACIES | NUTRITION FACTS

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	8g	25mg	470mg	7g

CAPOCOLLO (HOT & SWEET)



Nutrition Facts

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, Monounsaturat fat 3g, Polyunsaturat fat 1g, **Cholest** 25mg (9% DV), **Sodium** 590mg (25% DV), **Total carb** 0g (0% DV), Fiber 0g (0% DV), Sugars 0g, **Protein** 7g (15% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

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

CHORIZO SPANISH STYLE DRY CURED SAUSAGE



Nutrition Facts

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

Calories 120, Fat cal 90, **Total fat** 10g (16% DV), Sat fat 3.5g (18% DV), **Trans** fat 0g, **Cholest** 25mg (9% DV), **Sodium** 520mg (21% DV), **Total carb** <1g (0% DV), Fiber 0g (0% DV), Sugars 1g, **Protein** 6g (12% 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
120	10g	25mg	520mg	6g

GENOA SALAMI



Nutrition Facts

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, Monounsaturat fat 6g, Polyunsaturat fat 2g, **Cholest** 50mg (17% DV), **Sodium** 870mg (36% DV), **Potassium** 100mg (3% 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.

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

HARD SALAMI



Nutrition Facts

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, Monounsaturat fat 4g, Polyunsaturat fat 1g, **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.

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

ITALIAN & OTHER DELICACIES | NUTRITION FACTS

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, Monounsaturat fat 3g, Polyunsaturat fat 1g, **Cholest** 30mg (11% DV), **Sodium** 560mg (23% DV), **Total carb** 0g (0% DV), Fiber 0g (0% DV), Sugars 0g, **Protein** 9g (18% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (4% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

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

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, Monounsaturat fat 3g, Polyunsaturat fat 1g, **Cholest** 30mg (11% DV), **Sodium** 560mg (23% DV), **Total carb** 2g (1% DV), Fiber 0g (0% DV), Sugars 0g, **Protein** 10g (20% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (4% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

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

PANCETTA



Nutrition Facts

Serv size: .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, Monounsaturat fat 2g, Polyunsaturat fat 1g, **Cholest** 10mg (4% DV), **Sodium** 230mg (9% DV), **Total carb** 0g (0% DV), Fiber 0g (0% DV), Sugars 0g, **Protein** 2g (4% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (0% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

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

PROSCIUTTO DI PARMA



Nutrition Facts

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

Calories 60, Fat cal 30, **Total fat** 3.5g (5% DV), Sat fat 1g (5% DV), **Cholest** 25mg (8% DV), **Sodium** 660mg (27% 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.

Calories	Total fat	Cholest	Sodium	Protein
60	3.5g	25mg	660mg	8g

SANDWICH STYLE PEPPERONI



Nutrition Facts

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, Monounsaturat fat 5g, Polyunsaturat fat 1.5g, **Cholest** 25mg (9% DV), **Sodium** 430mg (18% 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.

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

ITALIAN & OTHER DELICACIES : NUTRITION FACTS

SERRANO HAM



Nutrition Facts

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

Calories 60, Fat cal 25, **Total fat** 3g (4% DV), Sat fat 0.5g (3% DV), **Cholest** 15mg (5% DV), **Sodium** 550mg (23% DV), **Total carb** 0g (0% DV), Fiber 0g (0% DV), Sugars 0g, **Protein** 9g (17% 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	3g	15mg	550mg	9g

SOPRESSATA GRANDE (HOT & SWEET)



Nutrition Facts

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

Calories 90, Fat cal 60, **Total fat** 7g (11% DV), Sat fat 3g (15% DV), *Trans* fat 0g, Monounsaturat fat 3.5g, Polyunsaturat fat 0g, **Cholest** 20mg (7% DV), **Sodium** 490mg (20% DV), **Total carb** 1g (0% DV), Fiber 0g (0% DV), Sugars 0g, **Protein** 7g (14% DV), Vitamin A (0% DV), Vitamin C (2% DV), Calcium (0% DV), Iron (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

Calories	Total fat	Cholest	Sodium	Protein
90	7g	20mg	490mg	7g



Made with Prosciutto di Parma & Mozzarella Cheese

TURKEY : NUTRITION FACTS

BOLD BLACKENED 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, Monounsaturat fat 0g, Polyunsaturat 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	0.5g	30mg	700mg	12g

BOLD 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, Monounsaturat fat 0g, Polyunsaturat 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 (0% DV), Iron (4% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

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

BOLD 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, Monounsaturat fat 0g, Polyunsaturat 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	0.5g	25mg	480mg	13g

CRACKED PEPPER MILL. SMOKED TURKEY BREAST



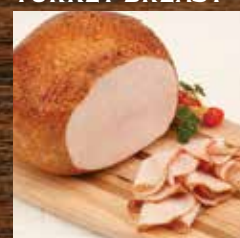
Nutrition Facts

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, Monounsaturat fat 0g, Polyunsaturat fat 0g, **Cholest** 30mg (10% DV), **Sodium** 460mg (19% DV), **Potassium** 170mg (5% DV), **Total carb** 0g (0% DV), Fiber 0g (0% DV), Sugars 1g, **Protein** 13g (26% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

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

GOLDEN CATERING STYLE OVEN ROASTED TURKEY BREAST - 43% 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, Monounsaturat fat 0g, Polyunsaturat fat 0g, **Cholest** 25mg (8% DV), **Sodium** 380mg (14% DV), **Potassium** 170mg (5% 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	1g	25mg	380mg	13g

TURKEY NUTRITION FACTS

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, **Monounsaturated fat** 0g, **Polyunsaturated fat** 0g, **Cholesterol** 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	1g	25mg	390mg	13g

HONEY SMOKED TURKEY BREAST



Nutrition Facts

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

Calories 70, **Fat cal** 10, **Total fat** 1g (2% DV), **Sat fat** 0g (0% DV), **Trans fat** 0g, **Monounsaturated fat** 0g, **Polyunsaturated fat** 0g, **Cholesterol** 25mg (8% DV), **Sodium** 480mg (20% DV), **Potassium** 190mg (5% DV), **Total carb** 2g (1% DV), **Fiber** 0g (0% DV), **Sugars** 2g, **Protein** 13g (26% DV), **Vitamin A** (0% DV), **Vitamin C** (0% DV), **Calcium** (0% DV), **Iron** (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

Calories	Total fat	Cholest	Sodium	Protein
70	1g	25mg	480mg	13g

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, **Monounsaturated fat** 0g, **Polyunsaturated fat** 0g, **Cholesterol** 30mg (10% DV), **Sodium** 480mg (20% DV), **Potassium** 180mg (5% DV), **Total carb** 2g (1% DV), **Fiber** 0g (0% DV), **Sugars** 2g, **Protein** 14g (28% DV), **Vitamin A** (0% DV), **Vitamin C** (0% DV), **Calcium** (0% DV), **Iron** (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

Calories	Total fat	Cholest	Sodium	Protein
70	0.5g	30mg	440mg	14g

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, **Monounsaturated fat** 0g, **Polyunsaturated fat** 0g, **Cholesterol** 25mg (8% DV), **Sodium** 440mg (18% DV), **Potassium** 170mg (5% DV), **Total carb** 0g (0% DV), **Fiber** 0g (0% DV), **Sugars** 0g, **Protein** 12g (24% DV), **Vitamin A** (0% DV), **Vitamin C** (0% DV), **Calcium** (0% DV), **Iron** (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

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

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, **Monounsaturated fat** 0g, **Polyunsaturated fat** 0g, **Cholesterol** 40mg (13% DV), **Sodium** 55mg (2% DV), **Potassium** 190mg (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** (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

Calories	Total fat	Cholest	Sodium	Protein
70	1g	40mg	55mg	15g

TURKEY NUTRITION FACTS

OUR PREMIUM 46% LOWER SODIUM OVEN ROASTED TURKEY BREAST - SKINLESS



Nutrition Facts

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

Calories 60, **Fat cal** 10, **Total fat** 1g (2% DV), **Sat fat** 0g (0% DV), **Trans fat** 0g, **Monounsaturated fat** 0g, **Polyunsaturated fat** 0g, **Cholesterol** 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 - SKINLESS



Nutrition Facts

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

Calories 60, **Fat cal** 10, **Total fat** 1g (2% DV), **Sat fat** 0g (0% DV), **Trans fat** 0g, **Monounsaturated fat** 0g, **Polyunsaturated fat** 0g, **Cholesterol** 20mg (7% DV), **Sodium** 360mg (15% DV), **Potassium** 140mg (4% DV), **Total carb** 0g (0% DV), **Fiber** 0g (0% DV), **Sugars** 0g, **Protein** 13g (26% DV), **Vitamin A** (0% DV), **Vitamin C** (0% DV), **Calcium** (0% DV), **Iron** (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

Calories	Total fat	Cholest	Sodium	Protein
60	1g	20mg	360mg	13g

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, **Monounsaturated fat** 0g, **Polyunsaturated fat** 0g, **Cholesterol** 25mg (8% DV), **Sodium** 460mg (19% DV), **Potassium** 190mg (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	1g	25mg	460mg	13g

Made with Maple Honey Turkey Breast

Standard serving is 2 oz.
This wrap contains 1.5 servings.



ALL NATURAL* NUTRITION FACTS

ALL NATURAL* ROASTED TURKEY BREAST



Nutrition Facts

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, Monounsaturat fat 0g, Polyunsaturat fat 0g, **Cholest** 30mg (9% DV), **Sodium** 330mg (14% DV), **Potassium** 150mg (4% 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	1g	30mg	330mg	13g

ALL NATURAL* SMOKED TURKEY BREAST



Nutrition Facts

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, Monounsaturat fat 0g, Polyunsaturat fat 0g, **Cholest** 30mg (9% DV), **Sodium** 250mg (10% DV), **Potassium** 170mg (5% 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 (4% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

Calories	Total fat	Cholest	Sodium	Protein
60	1g	30mg	250mg	14g

ALL NATURAL* TUSCAN BRAND 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, Monounsaturat fat 0g, Polyunsaturat fat 0g, **Cholest** 30mg (10% DV), **Sodium** 380mg (16% DV), **Potassium** 160mg (4% DV), **Total carb** 0g (0% DV), Fiber 0g (0% DV), Sugars 0g, **Protein** 15g (29% DV), Vitamin A (0% DV), Vitamin C (2% DV), Calcium (0% DV), Iron (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

Calories	Total fat	Cholest	Sodium	Protein
70	1g	30mg	380mg	15g

FOR ALL NATURAL* PRODUCTS:

*No artificial ingredients, minimally processed
Raised without the use of antibiotics or hormones¹

No nitrite or nitrate added²

Gluten free

No MSG

No preservatives

Vegetarian grain fed

Humanely raised³

No fillers

Low fat

Milk free

Rich in protein

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

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

³ Animals humanely raised with shelter, resting areas, sufficient space and the ability to engage in natural behaviors.

ALL NATURAL* NUTRITION FACTS

ALL NATURAL* CAP-OFF TOP ROUND OVEN ROASTED BEEF



Nutrition Facts

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

Calories 80, Fat cal 25, **Total fat** 3g (4% DV), Sat fat 1g (5% DV), *Trans* fat 0g, Monounsaturat fat 1g, Polyunsaturat fat 0g, **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.

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

ALL NATURAL* APPLEWOOD SMOKED UNCURED 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 (4% DV), *Trans* fat 0g, Monounsaturat fat 1g, Polyunsaturat fat 0g, **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.

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

ALL NATURAL* UNCURED 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, Monounsaturat fat 0.5g, Polyunsaturat fat 0g, **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.

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



Made with
All Natural® Oven Roasted Beef



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 has been gluten free since long before you even thought to ask. That's why, over 25 years ago, we were one of the first companies to develop a relationship with the Celiac Support Association (formerly Celiac Sprue Association). You can shop confidently knowing that all Boar's Head meats, cheeses, spreads and condiments are gluten free.

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 Ovengold® Roasted 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 Ovengold Roasted Turkey Breast into strips. Heat oil in a skillet over medium-high heat, then add the onions and peppers; sauté for 3 minutes. Once the vegetables are tender, add the Ovengold Roasted 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.



BOLD TURKEY CAESAR WRAP

SERVINGS: 1

INGREDIENTS:

- 1 Sandwich wrap
- 1 tablespoon Caesar dressing
- $\frac{1}{2}$ 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**
- $\frac{1}{4}$ 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.



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

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.

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



OVENGOLD. TURKEY SLAW SLIDERS

SERVINGS: 4

INGREDIENTS:

- 3 each Pretzel or round roll, small & sliced in half lengthwise
- 3 tablespoons *Boar's Head Bold Fiery Chipotle Gourmaise*®
- 3 tablespoons Coleslaw, prepared
- 3 slices *Boar's Head Muenster Cheese*
- 6 slices *Boar's Head Ovensgold, Roasted 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 Bold Fiery Chipotle Gourmaise on the top and bottom half of each roll. Top the bottom of each roll with coleslaw, cheese, and turkey, dividing ingredients in thirds. Crown with the roll top and serve.



PEPPERHOUSE GOURMAISE. DIP

SERVINGS: 4

INGREDIENTS:

- 1 bottle *Boar's Head Pepperhouse Gourmaise*,
- 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 a delightful crudité you and your guests will love.

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



SMOKEMASTER BEECHWOOD SMOKED. BLACK FOREST HAM ASPARAGUS ROLL-UPS

SERVINGS: 2

INGREDIENTS:

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

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.

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



EGGS BENEDICT

SERVINGS: 6

INGREDIENTS:

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

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.

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.



GLUTEN FREE BLACKBERRY TARTLETS

SERVINGS: 4

INGREDIENTS:

Cooking spray

- 1 (9-inch) Gluten Free pie crust, thawed to room temperature
- 1½ cups Blackberry preserves, or flavor of choice
- 1 wedge Boar's Head French Brie Cheese, softened to room temperature
- Confectioners sugar, to garnish

DELI SOURCE

Did you know deli can be for dessert? Serving Boar's Head Cheese at the end of a meal is a nice change from sweets. Impress your guests with a delicious after meal cheese platter or as a savory ingredient in your dish.

Preheat the oven to 325 degrees. Lightly coat mini muffin tin with non-stick cooking spray. Roll pie crust into ball to form dough. Roll and pat out to ¼" thickness. Cut 12 squares to fit into muffin cups. Gently press pie crust squares onto bottoms of the 12 cups. Bake tartlet crusts for 15-20 minutes until lightly browned. Carefully remove tartlets from the pan and place on cooling rack. When cool, fill each pastry cup with 2 tablespoons preserves; then top with Brie, equally dividing Brie wedge among the 12 tartlets.



CLASSIC SWISS FONDUE

SERVINGS: 4

INGREDIENTS:

- 2 cups Boar's Head Gold Label Imported Switzerland Swiss® Cheese, shredded
- 2 cups Boar's Head French Gruyère Cheese, shredded
- 2½ tablespoons Cornstarch
- 1 Garlic clove
- 2 cups Pinot Grigio wine
- 1 French baguette, sliced for dipping

DELI SOURCE

Not all imported Swiss cheese is from Switzerland, but Boar's Head Gold Label Imported Switzerland Swiss® Cheese is. Crafted in the authentic Alpine tradition and aged for over 120 days under the watchful eye of Käse Meisters, Boar's Head Gold Label Imported Switzerland Swiss Cheese boasts an exceptionally smooth, bold, nutty flavor.

Combine the Swiss Cheese and Gruyère Cheese with cornstarch in a large mixing bowl and set aside. Slice the garlic clove in half; then rub half of the garlic over the inside of the fondue pot. Finely dice the other half of garlic clove and add to the pot. Add the wine to the pot and heat slowly until it begins to bubble. Gently stir a quarter of the cheese mixture into the pot, whisking until cheese is melted. Repeat this step until all cheese is melted in the pot. Serve with sliced bread.



OVENGOLD® TURKEY SWEET & SPICY CURRY PITA

SERVINGS: 4

INGREDIENTS:

- 1¼ teaspoons Curry powder
- 1 cup Dried cranberries
- ½ teaspoon Sugar
- ½ cup Plain low-fat Greek yogurt
- ½ pound **Boar's Head Ovensgold®, Roasted 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 Grande Pepperoni**
- 4 slices **Boar's Head Capocollo**
- 4 slices **Boar's Head Genoa Salami**
- 2 slices **Boar's Head Picante Provolone Cheese**, sliced in half

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.

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.