

Nutrition Information for Bob's BBQ Meats & Meat Salads

Product Name	Serving Size (oz)	Calories	Calories from fat	Total Fat (g)	Sat Fat (g)	Trans fats (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Gluten Free Ingred.	Allergens
Bob's BBQ Meats														
Beef, Quesadilla, Smoked	4 oz.	257	136	15	8	0	56	601.4	12	1	8	16	N	Wheat, Milk,
Beef, Smoked, Pulled, with BBQ	4 oz.	205	61	7	2	0	57	1654	17	0	15	18	Y	
Brisket, Smoked, Plain	4 oz.	231	61	7	2.5	0	113	475	2	0	2	38	Y	
Brisket, Smoked, with Au Jus	4 oz.	144	37	4	1.5	0	69	501	2	0	1	23	Y	
Brisket, Smoked, with BBQ	4 oz.	205	37	4	1.5	0	68	590	19	0	16	23	Y	
Chicken, Bone-In Breast with Glaze	1 ea	490	192	21	6	0	180	2235	12.5	1	8	63	Y	
Chicken, Bone-In Breast with BBQ	1 ea	510	192	21	6	0	180	2326	18	1	12	63	Y	
Chicken, Jumbo Drumsticks with Glaze	4 oz.	214	66	7	2	0	64	816	23	0.5	22	15	Y	
Chicken, Quesadilla, Smoked	4 oz.	248	119	13	7	0	48	717.8	17	1	2	16	N	Wheat, Milk,
Chicken Salad, Smoked Craisin Almond	4 oz.	409	302	34	6	0	55	447.6	10	1	8	11	Y	Egg, Almonds
Chicken, Smoked, Pulled, Plain	4 oz.	246	58	6	2	0	73	960.8	22	1	21	24	Y	
Chicken, Smoked, Pulled, with BBQ	4 oz.	214	48	5	1	0	60	1209	21	1	18	20	Y	
Chicken, Whole, Smoked with Glaze	4 oz.	234	95	11	3	0	44	1519	22	1	20	12	Y	
Chicken, Wings, Smoked with Asian BBQ	4 oz.	254	111	12	3	0	44	1506	24	0	18.5	10	N	Wheat, Soy
Chicken, Wings, Smoked with Asian Teriyaki	4 oz.	257	109	12	3	0	44	1324	26	0	20	10	N	Wheat, Soy
Chicken, Wings, Smoked with Buffalo	4 oz.	246	128	14	3	0	44	1340	19	0.5	15	10	Y	Milk
Chicken, Wings, Smoked with Glaze	4 oz.	273	144	16	4	0	59	517	18	0	14	14	Y	
Chicken, Wings, Smoked with Mango Chipotle	4 oz.	293	116	13	3	0	47	1138	33	0.5	17	11	Y	
Chicken, Wings, Smoked with Thai Chili	4 oz.	273	109	12	3	0	44	1122	28	0	24	10	Y	
Meatloaf, Bacon Cheddar with Mango BBQ	5 oz	293	66	7.4	3.3	0.1	72.1	1087	48.1	1.2	15.2	7.6	N	Wheat, Egg, Soy, Milk
Pork, Smoked, Pulled, Plain	4 oz.	337	162	18	8	0	102	632	4	0	3.5	37	Y	
Pork, Smoked, Pulled, with BBQ	4 oz.	269	97	11	5	0	61	684	20	0	17	22	Y	
Pork, Ribs with Glaze	4 oz.	299	179	20	7	0	84	297	7	0	6	23	Y	
Pork, Ribs, with BBQ	4 oz.	290	168	19	7	0	79	326	9	0	8	22	Y	
Pork, Steaks	4 oz.	259	150	17	6	0	83	318	2	0	2	24	Y	
Pork, Rib Tips with BBQ	4 oz.	325	188	21	7	0	84	513	10	0	9	23	Y	
Salmon, Smoked Burger, with Glaze	1 ea	384	188	20	5	0	115	311	15	0	7	32	N	Wheat, Egg, Salmon
Salmon, Smoked, with Glaze	4 oz.	265	123	14	3	0	55.6	354	14	0	14	21	Y	Salmon
Salmon, Smoked, Pulled	4 oz.	231	80	9	2	0	34	1633.9	25	0	20	13	N	Wheat, Soy, Salmon

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Sausage, Bob's Smoked	4 oz.	360	288	32	12	0	80	1200	2	0	2	9	Y	
Sausage, Bob's Smoked, Mango chipotle BBQ	4oz.	309	185	21	8	0	51	1136	20	0.2	8.4	9	Y	
Sausage, Bob's Smoked, Jamaican Jerk Glaze	4oz.	306	185	21	8	0	51	1033	21	0.3	19	9	Y	
Shrimp, Smoked	4 oz.	315	190	21	12	0	260	322	2	0	1	28	Y	Shellfish (shrimp)
Turkey, Smoked Drumstick with Smoker Glaze	4oz.	220	63	7	2	0	85	745	21	0	20	19	Y	
Turkey, Breast, Smoked (deli meat)	2 oz.	84	22	2.5	1	0	30	472.6	1	0	1	15	Y	
Turkey Salad, Smoked Chipotle	4 oz.	379	304	34	7	0	44	424	1	0	0.5	10	Y	Egg
Turkey, Smoked, Pulled, with BBQ	4 oz.	163	3	0	0	0	3	733.9	39	0	39	2	Y	
Bob's BBQ Meat Salads														
Chicken, Smkhouse Chipotle Salad	4 oz	264	116	12.9	2.4	0	27.4	369.1	23.2	1.5	6	8.4	N	Wheat, Milk, Egg