

Dierbergs Deli Meat Nutrition Information

Featuring Over 20 Eat-Hearty Meats* *Nutritional Information Provided by Manufacturer.	Fat Free % (If Claimed)	Serving Size	Eat Hearty Program	Calories	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Sugars (g)	Protein (g)	Allergens	Gluten Free	M.S.G. Free	Added Nitrates or Nitrites
Deli Ham Category																
Dierbergs Bavarian Smokehouse Ham	95%	1 oz.		30	1	0.33	0	11.7	317	0.33	0.33	5	None	Yes	Yes	contains
Dierbergs Black Forest Ham	96%	1 oz.	X	30	1	0.2	0	10	220	0	0	5.5	None	Yes	Yes	contains
Dierbergs Bob's Smokehouse Cherry Wood Smoked Ham	99%	1 oz.	X	25	0.25	0	0	10	195	1.5	0	5	None	Yes	Yes	contains
Dierbergs Brown Sugar Cured Smokehouse Ham	98%	1 oz.	X	30	0.67	0.17	0	11.67	207	0.33	1	5.67	None	Yes	Yes	contains
Dierbergs Honey Cured Smokehouse Ham	98%	1 oz.	X	30	0.5	0	0	12.5	210	1.5	1.5	5	None	Yes	Yes	contains
Dierbergs Old Fashioned Off-The-Bone Ham	95%	1 oz.		30	1	0.33	0	11.67	317	0.33	0.33	5	None	Yes	Yes	contains
Dierbergs Virginia Style Natural Juice Ham	97%	1 oz.	X	30	0.75	0.25	0	12.5	235	0	0	5.5	None	Yes	Yes	contains
Deli Poultry - Turkey Category																
Dierbergs Cracked Peppercorn Turkey Breast	99%	1 oz.	X	25	0.25	0	0	12.5	225	0	0	6	None	Yes	Yes	contains
Dierbergs Hickory Smoked Cajun Style Turkey Breast	98%	1 oz.	X	25	0.25	0	0	12.5	240	0.5	0.5	6	None	Yes	Yes	contains
Dierbergs Hickory Smoked Sun Dried Tomato Turkey Breast	99%	1 oz.	X	25	0.025	0	0	12.5	220	0.5	0.5	6	None	Yes	Yes	contains
Dierbergs Honey Cured Roasted Turkey Breast	99%	1 oz.		25	0	0	0	10	275	1	1	5.5	None	Yes	Yes	contains
Dierbergs Kettle-Fried Butter-Basted New Orleans Turkey	98%	1 oz.		25	0.5	0	0	10	255	0.5	0.5	5	None	Yes	Yes	
Dierbergs Mesquite Smoked Turkey Breast	99%	1 oz.	X	30	0.25	0	0	12.5	240	0.5	0.5	6	None	Yes	Yes	contains
Dierbergs Reduced Sodium Oven Roasted Turkey Breast	99%	1 oz.	X	25	0.025	0	0	12.5	130	0	0	5.5	None	Yes	Yes	
Dierbergs Roasted Browned Turkey Breast	98%	1 oz.	X	30	0.5	0	0	12.5	195	0	0	5	None	Yes	Yes	
Dierbergs Rotisserie Sliced Turkey Breast (Boneless, Skinless)	99%	1 oz.	X	25	<1	0	0	10	142.5	<1	<1	5.25	None	Yes	Yes	
Dierbergs Vermont Maple Turkey Breast	98%	1 oz.	X	30	0.25	0	0	12.5	240	1.5	1.5	5.5	None	Yes	Yes	contains
Jennie-O Brand Dark Turkey Pastrami	95%	1 oz.		35	1.5	<1	0	20	320	<1	<1	5	None	Yes	Yes	contains
Deli Favorites Hickory Smoked Turkey Breast	99%	1 oz.	X	25	0	0	0	7.5	225	0.5	0.5	5	None	Yes	Yes	contains
Deli Favorites Honey Mesquite Turkey Breast	99%	1 oz.	X	25	0	0	0	10	205	1.5	1.5	5	None	Yes	Yes	contains
Deli Favorites Oven Roasted Eat Hearty Turkey Breast	99%	1 oz.	X	25	0.25	0	0	10	260	0.5	0	5	None	Yes	Yes	
Deli Poultry - Chicken Category																
Dierbergs Honey BBQ Chicken Breast	98%	1 oz.	X	30	0.5	0	0	15	235	0.5	0.5	5.5	None	Yes	Yes	
Dierbergs Buffalo Chicken Breast	98%	1 oz.	X	30	0.5	0	0	15	200	0	0	6	None	Yes	Yes	
Dierbergs Oven Roasted Chicken Breast	98%	1 oz.	X	25	0.5	0	0	10	210	0	0	5.5	None	Yes	Yes	
Deli Roast Beef Category																
Dierbergs All Natural USDA Choice Angus Roast Beef	95%	1 oz.	X	40	1.5	0.05	0	15	125	0	0	6	None	Yes	Yes	
Dierbergs USDA Choice Angus Beef Pastrami	95%	1 oz.		30	1	0.5	0	15	315	0	0	5	None	Yes	Yes	contains
Dierbergs USDA Choice Angus Corned Beef	95%	1 oz.		30	1	0.5	0	15	300	0	0	5	None	Yes	Yes	contains
Dierbergs USDA Choice Angus Italian Roast Beef	95%	1 oz.	X	30	1	0.5	0	12.5	250	0	0	5	None	Yes	Yes	
Dierbergs USDA Choice Angus Oven Roasted Beef	95%	1 oz.	X	30	1	0.5	0	12.5	250	0	0	5	None	Yes	Yes	
Dan's Prize Brand Top Round Roast Beef	95%	1 oz.	X	30	1	0.5	0	12.5	325	0	0	5	Soy	Yes	Yes	

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Deli Rotisserie Meats																			
Dierbergs Rotisserie Colossal Chicken Breast					1 oz.		46.66	2.66	0.83	0	21.66	86.66	0	0	5.66	None	Yes	Yes	
Dierbergs Rotisserie Natural Flavor Chicken w/o Skin				97%	1 oz.		40	2	<1	0	19	116	0	0	6	None	Yes	Yes	
Dierbergs Sirloin Tip Boneless Pork Roast				98%	1 oz.	X	30	0.5	0.25	0	17.5	57.5	0.25	0.25	5.75	None	Yes	Yes	
Deli Assorted Lunch Meat, Salami, Sausage																			
Dierbergs Dry Cured Old World Sliced Hard Salami					1 oz.		120	10	3.5	0	30	500	1	1	7	None	Yes	Yes	contains
Eckrich Garlic Bologna					1 oz.		100	9	3	0	17.5	310	1.5	1	3	None	Yes	Yes	contains
Eckrich Natural Casing Deli Franks					1 oz.		100	8.5	4	0	15	260	1.5	0.5	3	Milk	Yes	Yes	contains
Eckrich Olive Loaf					1 oz.		70	6	2	0	15	340	3	1	3	Soy	Yes	Yes	contains
Eckrich Pickle & Pimento Loaf					1 oz.		75	6	2.5	0	12.5	260	2	1.5	3	Soy	Yes	Yes	contains
Eckrich Reduced Fat/Sodium Hard Salami				92%	1 oz.		80	5	2	0	25	390	1	0	7	Milk	Yes	Yes	contains
Hebrew National Bologna					1 oz.		85	7.5	3	0	15	275	<1	0	3	Soy	Yes	Yes	contains
Hebrew National Corned Beef 1st Cut					1 oz.		40	1.5	0.5	0	17.5	295	<1	0.5	6.5	Soy	Yes	Yes	contains
Hebrew National Salami					1 oz.		75	6.5	2.5	0	15	290	<1	0	4	Soy	Yes	Yes	contains
J. Morrell Stadium Franks Nutrition					1 ea.		330	30	13	0	75	1180	2	1	13	None	Yes	Yes	contains
Mayrose Beef Bologna					1 oz.		90	8	3.5	0.5	15	290	1.5	0.5	3	None	Yes	Yes	contains
Mayrose Braunschweiger					1 oz.		80	6.5	2.5	0	45	365	1	1	4	Milk	Yes	Yes	contains
Mayrose Garlic Bologna					1 oz.		90	8	3	0	17.5	270	1.5	0.5	3	None	Yes	Yes	contains
Mayrose Giant Bologna					1 oz.		90	8	2.5	0.25	17.5	285	1.5	0.5	3	None	Yes	Yes	contains
Mayrose Hard Salami					1 oz.		130	11	4.5	0	25	480	1	1	6	None	Yes	Yes	contains
Mayrose Head Cheese					1 oz.		65	5	1.5	0	15	270	0.5	0.5	3.5	None	Yes	Yes	contains
Mayrose Hot Head Cheese					1 oz.		65	5	1.5	0	15	270	0.5	0.5	3.5	None	Yes	Yes	contains
Mayrose Snack Bologna					1 oz.		90	8	2.5	0	17.5	285	1.5	0.5	3	None	No	Yes	contains
Piekutowski's Kra-kow					1 oz.		70	5.3	1.8	0.1	20.5	222	0.1	0	5.2	None	Yes	Yes	contains
Piekutowski's Polish Sausage					1 oz.		66	4.9	1.7	0.1	20	227	0.2	0	5.3	None	Yes	Yes	contains
Piekutowski's Beef Salami					1 oz.		69	5.2	1.9	0.2	20	248	0.1	0	5.2	None	Yes	Yes	contains
Thuringer Salami					1 oz.		130	12	4.5	0.5	25	320	0	0	6	None	Yes	Yes	contains
Volpi Genova Salame					1 oz.		110	9	3	0	28	465	<1	0	8	None	Yes	Yes	contains
Volpi Mortadella					1 oz.		85	7.5	2.5	0	20	225	0.05	0.05	4	None	Yes	Yes	contains
Volpi Prosciutto					1 oz.		70	5	2	0	30	480	<1	0	8	None	Yes	Yes	
Wilson Sandwich Pepperoni					1 oz.		130	12	4.5	0.5	25	320	0	0	6	None	Yes	Yes	contains

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