

DIERBERGS DELI MEAT NUTRITIONAL GUIDE

Featuring 25 Eat-Hearty Meats Nutritional Information Provided by Manufacturer. Nutritional Information Per Ounce.	Fat Free % (if claimed)	Eat Hearty Program	Calories	Fat G.	Sat. Fat G.	Trans Fat G.	Cholest. MG.	Sodium MG.	Total Carb G.	Sugars G.	Protein G.	Allergens	Gluten Free	M.S.G. Free	Added Nitrates or Nitrites
DELI HAM CATEGORY															
		X		<1.5	<.5		<31	<247							
Dierbergs Bavarian Smokehouse Ham	95%		30	1	0.33	0	11.7	317	0.33	0.33	5	None	Yes	Yes	contains
Dierbergs Black Forest Ham	96%	X	30	1	0.2	0	10	220	0	0	5.5	None	Yes	Yes	contains
Dierbergs Honey Cured Smokehouse Ham	98%	X	30	0.5	0	0	12.5	210	1.5	1.5	5	None	Yes	Yes	contains
Dierbergs Bob's Smokehouse Cherry Wood Smk Ham	99%	X	25	0.25	0	0	10	195	1.5	0	5	None	Yes	Yes	contains
Dierbergs Old Fashioned Off-The-Bone Ham	95%		30	1	0.33	0	11.7	317	0.33	0.33	5	None	Yes	Yes	contains
Dierbergs Sriracha Ham with Natural Juices	97%		30	0.75	0	0	15	255	0.5	0.5	5	None	Yes	Yes	contains
Dierbergs Virginia Style Natural Juice Ham	97%	X	30	0.75	0.25	0	12.5	235	0	0	5.5	None	Yes	Yes	contains
DELI POULTRY CATEGORY - TURKEY															
Dierbergs Cracked Peppercorn Turkey Breast	99%	X	25	0.25	0	0	12.5	225	0	0	6	None	Yes	Yes	contains
Dierbergs Low Sodium Carving Turkey Breast	99%	X	35	0.5	0	0	15	170	0	0	6.5	None	Yes	Yes	
Dierbergs Honey Cured Roasted Turkey Breast	99%		25	0	0	0	10	275	1	1	5.5	None	Yes	Yes	contains
Dierbergs Memphis BBQ Turkey Breast	98%	X	30	0.5	0	0	12.5	160	0	0	6	None	Yes	Yes	contains
Dierbergs Mesquite Smoked Turkey Breast	99%	X	30	0.25	0	0	12.5	240	0.5	0.5	6	None	Yes	Yes	contains
Dierbergs Roasted Browned Turkey Breast	98%	X	30	0.5	0	0	12.5	195	0	0	5	None	Yes	Yes	
Dierbergs Rotisserie Sliced Turkey Breast (Boneless, Skinless)	99%	X	25	<1	0	0	10	143	<1	<1	5.25	None	Yes	Yes	
Dierbergs Sienna Oven Hearth Turkey Breast	98%	X	25	0.25	0	0	12.5	180	0.5	0.5	6	None	Yes	Yes	
Dierbergs Honey Maple Turkey Breast	99%	X	35	0.5	0	0	12.5	220	1.5	1.5	6	None	Yes	Yes	
Jennie-O Brand Dark Turkey Pastrami	95%		35	1.5	<1	0	20	320	<1	<1	5	None	Yes	Yes	contains
Deli Favorites Honey Hickory Turkey Breast	99%	X	30	0.25	0	0	10	205	1	1	5.5	None	Yes	Yes	contains
DELI POULTRY CATEGORY - CHICKEN															
Dierbergs Applewood Smoked Chicken Breast	98%	X	25	0.5	0	0	15	225	0.5	0.5	5.5	None	Yes	Yes	
Dierbergs Buffalo Chicken Breast	98%	X	25	0.5	0	0	15	225	0.5	0.5	6	None	Yes	Yes	
Dierbergs Oven Roasted Chicken Breast	98%	X	25	0.5	0	0	15	225	0.5	0.5	5.5	None	Yes	Yes	
DELI ROASTED BEEF CATEGORY															
Dierbergs USDA Choice Angus Italian Roast Beef	95%	X	30	1	0.5	0	12.5	250	0	0	5	None	Yes	Yes	
Dierbergs USDA Choice Angus Oven Roasted Beef	95%	X	30	1	0.5	0	12.5	250	0	0	5	None	Yes	Yes	
Dan's Prize Brand Top Round Roast Beef	95%	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				46.7	2.66	0.83	0	21.7	86.7	0	0	5.66	None	Yes	Yes	
Dierbergs Rotisserie Natural Flavor Chicken w/o Skin (Ty)	97%			40	2	<1	0	19	116	0	0	6	None	Yes	Yes	
Dierbergs Rotisserie Turkey Breast (Bone-In, Skin On)		X		40	1	<1	0	16.6	133	0	0	7.3	None	Yes	Yes	
Dierbergs Sirloin Tip Boneless Pork Roast	98%	X		30	0.5	0.25	0	17.5	57.5	0.25	0.25	5.75	None	Yes	Yes	
DELI DEITZ & WATSON ORIGINALS																
Originals ABF All Natural-Meats																
Chicken, Oven Roasted Breast ABF		X		35	0.75	0	0	15	155	1	0	4	None	Yes	Yes	
Ham, Applewood Smoked ABF		X		25	0.75	0.25	0	15	190	0	0	5	None	Yes	Yes	
Ham, Black Forest ABF		X		30	0.5	0.25	0	17.5	200	0	0	6	None	Yes	Yes	
Roast Beef, Angus ABF		X		35	1	0.5	0	15	95	0	0	6	None	Yes	Yes	
Turkey, Oven Roasted ABF		X		25	0	0	0	15	200	0	0	6	None	Yes	Yes	
Turkey, Applewood Smoked ABF		X		25	0.25	0	0	15	200	0	0	6	None	Yes	Yes	
Originals Organic- Meats																
Turkey Breast		X		25	0.25	0	0	15	200	0	0	6	None	Yes	Yes	
Chicken Breast		X		35	0.75	0	0	15	105	0.5	0.5	6	None	Yes	Yes	
DELI ASSORTED LUNCH MEAT / SALAMI / SAUSAGE																
Dierbergs Dry Cured Old World Sliced Hard Salami				120	10	3.5	0	30	500	1	1	7	None	Yes	Yes	contains
Eckrich Lower sodium Hard Salami				140	10	4	0	25	250	1	0	6	None	Yes	Yes	contains
Eckrich Olive Loaf				70	6	2	0	15	340	3	1	3	Soy	Yes	Yes	contains
Eckrich Pickle & Pimento Loaf				75	6	2.5	0	12.5	260	2	1.5	3	Soy	Yes	Yes	contains
Eckrich Reduced Fat/Sodium Hard Salami	92%			80	5	2	0	25	390	1	0	7	Milk	Yes	Yes	contains
Hebrew National Bologna				85	7.5	3	0	15	275	<1	0	3	Soy	Yes	Yes	contains
Hebrew National Corned Beef 1st Cut				40	1.5	0.5	0	17.5	295	<1	0.5	6.5	Soy	Yes	Yes	contains
Hebrew National Salami				75	6.5	2.5	0	15	290	<1	0	4	Soy	Yes	Yes	contains
Mayrose Beef Bologna				90	8	3.5	0.5	15	290	1.5	0.5	3	None	Yes	Yes	contains
Mayrose Braunschweiger				80	6.5	2.5	0	45	365	1	1	4	Milk	Yes	Yes	contains
Mayrose Garlic Bologna				90	8	3	0	17.5	270	1.5	0.5	3	None	Yes	Yes	contains
Mayrose Giant Bologna				90	8	2.5	0.25	17.5	285	1.5	0.5	3	None	Yes	Yes	contains

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Mayrose Hard Salami			130	11	4.5	0	25	480	1	1	6	None	Yes	Yes	contains
Mayrose Head Cheese			65	5	1.5	0	15	270	0.5	0.5	3.5	None	Yes	Yes	contains
Mayrose Hot Head Cheese			65	5	1.5	0	15	270	0.5	0.5	3.5	None	Yes	Yes	contains
Mayrose Snack Bologna			90	8	2.5	0	17.5	285	1.5	0.5	3	None	No	Yes	contains
DELI ASSORTED LUNCH MEAT / SALAMI / SAUSAGE															
Piekutowski's Kra-kow			70	5.3	1.8	0.1	20.5	222	0.1	0	5.2	None	Yes	Yes	contains
Piekutowski's Polish Sausage			66	4.9	1.7	0.1	20	227	0.2	0	5.3	None	Yes	Yes	contains
Piekutowski's Beef Salami			69	5.2	1.9	0.2	20	248	0.1	0	5.2	None	Yes	Yes	contains
Volpi Genova Salame			110	9	3	0	28	465	<1	0	8	None	Yes	Yes	contains
Volpi Mortadella			85	7.5	2.5	0	20	225	0.05	0.05	4	None	Yes	Yes	contains
Volpi Prosciutto			70	5	2	0	30	480	<1	0	8	None	Yes	Yes	
Wilson Sandwich Pepperoni			130	12	4.5	0.5	25	320	0	0	6	None	Yes	Yes	contains
J. Morrell Stadium Franks Nutrition (info for One Frank)			330	30	13	0	75	1180	2	1	13	None	Yes	Yes	contains
Thuringer			130	12	4.5	0.5	25	320	0	0	6	None	Yes	Yes	contains