

Dietz and Watson Nutritional Information

	Serving Size (oz)	Calories	Total Fat (g)	Sat Fat (g)	Trans fats (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Sugars (g)	Protein (g)	Gluten Free Ingred.	Allergens
Deli Poultry-Turkey Category												
Originals ABF Applewood Smoked Turkey Breast	2oz.	50	0.5	0	0	30	400	0	0	12	Y	None
Originals ABF Oven Roasted Turkey Breast	2oz.	50	0.5	0	0	30	630	0	0	12	Y	None
Originals ABF Organic Turkey Breast	2oz.	50	0.5	0	0	30	400	0	0	12	Y	None
Legacy No Salt Added Turkey	2oz.	70	0.5	0	0	30	50	2	2	14	Y	None
Legacy Bacon Lovers Turkey	2oz.	70	1	0	0	30	370	2	2	12	Y	Milk
Deli Poultry-Chicken Category												
Originals ABF Oven Roasted Chicken Breast	2oz.	70	1.5	0.5	0	30	340	1	1	12	Y	None
Originals ABF Organic Oven Rst Chicken Breast	2oz.	70	1.5	0.5	0	30	340	1	1	12	Y	None
Legacy Teriyaki Chicken Breast	2oz.	70	1.5	0.5	0	30	470	1	1	12	Y	Milk, Soy
Deli-Ham Category												
Originals ABF Applewood Smoked Ham	2oz.	50	1.5	0.5	0	30	380	0	0	10	Y	None
Originals ABF Black Forest Ham	2oz.	60	1	0.5	0	35	400	0	0	12	Y	None
Legacy Rosemary Ham	2oz.	70	3	1	0	30	470	0	0	11	Y	None
Originals Pre-Packaged Pre-Sliced Deli Meat												
Originals ABF Presliced Applewood Smk Turkey	2oz.	50	0.5	0	0	30	360	0	0	11	Y	None
Originals ABF Presliced Oven Rst. Turkey	2oz.	50	0.5	0	0	30	360	0	0	11	Y	None
Originals ABF Presliced Organic Turkey Breast	2oz.	50	0.5	0	0	30	360	0	0	11	Y	None
Originals ABF Presliced Rst Chicken Breast	2oz.	60	1.5	0.5	0	30	340	1	1	10	Y	None
Originals ABF Presliced Organic Chicken Breast	2oz.	60	1.5	0.5	0	30	340	1	1	10	Y	None
Originals ABF Presliced Applewood Smk Ham	2oz.	50	1.5	0.5	0	30	380	0	0	10	Y	None
Originals ABF Presliced Black Forest Ham	2oz.	60	1	0.5	0	35	400	0	0	12	Y	None
Originals ABF Presliced Maplewood Honey Ham	2oz.	60	2.5	0	0	30	460	4	3	9	Y	None
Chicken Sausages												
Originals ABF Apple Chicken Sausage	1	110	6	2	0	40	560	2	0	12	Y	None
Originals ABF Italian Chicken Sausage	1	110	6	2	0	30	460	0	0	11	Y	None
Originals ABF Sriracha Chicken Sausage	1	120	7	3	0	30	580	0	0	13	Y	None
Assiago Spinach Sausage	1	160	10	3	0	60	390	3	0	15	Y	Milk

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Italian Spinach Sausage	1	110	7	3	0	40	590	0	0	13	Y	None
Andouille Chicken Sausage	1	110	7	3	0	40	590	0	0	12	Y	None
Original Italians												
Originals ABF Presliced Genoa	1oz.	100	7	2.5	0	25	370	0	0	8	Y	None
Originals ABF Presliced Pepperoni	1oz.	80	7	2.5	0	20	260	1	1	4	Y	None
Originals ABF Presliced Napoli	1oz.	100	7	2.5	0	25	430	0	0	8	Y	None
Originals ABF Presliced Toscana	1oz.	100	7	2.5	0	25	430	0	0	8	Y	None
Originals ABF Presliced Sopessata	1oz.	100	7	2.5	0	25	430	0	0	8	Y	None
Originals ABF Presliced Calabrese	1oz.	100	7	2.5	0	25	430	0	0	8	Y	None
Originals Snackers												
Originals ABF Genoa Panino Sticks (serving size 28 grams)	2 Sticks	90	7	3.5	0	25	310	1	0	6	Y	Milk
Originals ABF Prosciutto Panino Sticks (servinning size 28 grams)	2 Sticks	90	7	4	0	20	210	0	0	7	Y	Milk
Originals ABF Pepperoni Panion Sticks (serving size 28 grams)	2 Sticks	110	9	3.5	0	25	320	1	0	6	Y	Milk
Originals ABF Genoa Medallions	1oz.	100	7	2.5	0	25	380	1	0	8	Y	None
Originals ABF Chorizo Medallions	1oz.	100	7	2.5	0	25	380	1	0	8	Y	None
Originals ABF Truffle Medallions	1oz.	80	6	2	0	20	320	0	6	7	Y	None
Originals ABF Genoa & Provolone Medallions (Genoa)	1oz.	100	7	2.5	0	25	380	1	0	8	Y	None
Originals ABF Genoa & Provolone Medallions (Provolone)	1oz.	100	8	4.5	0	20	150	1	0	7	Y	Milk
Originals ABF Soppressata & Mozzarella (Soppressata)	1oz.	100	7	2.5	0	25	390	0	0	8	Y	None
Originals ABF Soppressata & Mozzarella (Mozzerella)	1oz.	80	5	3	0	15	170	1	0	8	Y	Milk
Originals ABF Genoa Twin	1oz.	100	7	3	0	20	480	0	0	8	Y	None
Originals ABF Genoa and Chorizo Twin Slice (Chorizo)	1oz.	1400	4.35	1.5	0	25	430	1	0	7	Y	None
Originals ABF Genoa And Chorizo Twin Slice (Genoa)	1oz.	100	7	3	0	20	480	0	0	8	Y	None
Originals ABF Sweet & Hot Soppressata Twin (Sweet)	1oz.	100	7	3	0	20	480	0	0	8	Y	None
Originals ABF Sweet & Hot Soppressata Twin (Hot)	1oz.	100	7	3	0	20	480	0	0	8	Y	None
Originals Organic Beef Jerky												
Originals Organic Beef Jerky Classic	1oz.	80	1.5	0.5	0	30	600	4	4	11	N	Soy, Wheat
Originals Organic Beef Jerky Teriyaki	1oz.	80	1	0	0	25	560	6	6	10	N	Soy, Wheat
Originals Organic Beef Jerky Peppered	1oz.	80	1	0.5	0	25	470	6	6	10	N	Soy, Wheat

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Franks and Sausages												
Natural Casing Beef Frank	1	160	14	5	0	35	490	1	1	7	Y	None
Cheddarwurst	1	240	20	7	0	50	750	1	1	15	Y	Milk
Italian Panions and Chubs												
Salame Hot Panino	3oz.	260	18	10	0	65	700	2	2	21	Y	Milk
Hot and Spicy Salame Panino	1oz.	80	6	4.5	0	25	270	<1	0	6	Y	Milk
Hard Salame Chub	1oz.	150	6	2	0	30	480	4	0	7	Y	None
Baby Pepper Genoa Salami Chub	1oz.	100	7	2.5	0	25	360	1	0	8	Y	None
Vino Rosso Salami Chub	1oz.	100	8	3	0	25	480	0	0	7	Y	None
Dietz & Watson Cheese Cut and Wrapped												
Cheddar Cheese Bacon Horseradish	1oz.	110	9	5	0	30	270	<1	<1	6	Y	Milk
Cheddar Cheese Champagne	1oz.	110	9	5	0	30	270	<1	1	6	Y	Milk
Cheddar Cheese Buffalo Wing	1oz.	110	9	5	0	30	270	<1	<1	6	Y	Milk
Cheddar Cheese Horseradish	1oz.	110	9	5	0	30	270	<1	<1	6	Y	Milk
Cheddar Cheese Habanero & Jalapeno	1oz.	110	9	5	0	30	270	<1	<1	6	Y	Milk
Cheddar Cheese Jalapeno & Cayenne Pepper	1oz.	110	9	5	0	30	270	<1	<1	6	Y	Milk
Originals Bulk Cheese												
Originals Swiss Cheese	1oz.	110	9	6	0	30	135	0	0	7	Y	Milk
Originals Cheddar Cheese	1oz.	110	9	5	0	28	180	1	0	8	Y	Milk
Originals Pre-Sliced Cheese												
Originals Swiss Cheese	.6oz.	60	5	3	0	15	25	0	0	5	Y	Milk
Originals Cheddar Cheese	1oz.	70	6	3.5	0	20	110	0	0	4	Y	Milk
Kosher Pickle												
Kosher Pickle	1oz.	0	0	0	0	0	360	1	0	0	Y	None

*indicates trace amount naturally occurring trans fat