

# 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
<b>DELI HAM CATEGORY</b>															
		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
<b>DELI POULTRY CATEGORY - TURKEY</b>															
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
<b>DELI POULTRY CATEGORY - CHICKEN</b>															
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	
<b>DELI ROASTED BEEF CATEGORY</b>															
Dierbergs USDA Choice Angus Beef Pastrami	95%		30	1	0.5	0	15	315	0	0	5	None	Yes	Yes	contains
Dierbergs USDA Choice Angus Corned Beef	95%		30	1	0.5	0	15	300	0	0	5	None	Yes	Yes	contains
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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<b>DELI ROTISSERIE MEATS</b>															
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)		<b>X</b>	40	1	<1	0	16.6	133	0	0	7.3	None	Yes	Yes	
Dierbergs Sirloin Tip Boneless Pork Roast	98%	<b>X</b>	30	0.5	0.25	0	17.5	57.5	0.25	0.25	5.75	None	Yes	Yes	
<b>DELI DEITZ &amp; WATSON ORIGINALS</b>															
Chicken, Oven Roasted Breast ABF		<b>X</b>	35	0.75	0.25	0	15	170	0.5	0.5	6	None	Yes	Yes	
Ham, Applewood Smoked ABF		<b>X</b>	25	0.75	0.25	0	15	190	0	0	5	None	Yes	Yes	
Roast Beef, Eye of Round, USDA Choice		<b>X</b>	35	1	0.5	0	15	145	0	0	6.5	None	Yes	Yes	
Chicken Breast, Southern Fried		<b>X</b>	35	0.5	0	0	15	180	0.5	0.5	6.5	Milk/Soy	Yes	Yes	
Turkey Breast, Bacon Lovers		<b>X</b>	35	0.5	0	0	15	185	1	2	6	Milk	Yes	Yes	contains
Turkey, Applewood Smoked ABF		<b>X</b>	25	0.25	0	0	15	130	0	0	6	None	Yes	Yes	
<b>DELI ASSORTED LUNCH MEAT / SALAMI / SAUSAGE</b>															
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
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

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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