

DIERBERGS DELI MEAT NUTRITIONAL GUIDE

Nutritional Information Provided by Manufacturer. Nutritional Information Per Ounce.	Calories	Fat G.	Sat. Fat G.	Trans Fat G.	Cholest. MG.	Sodium MG.	Total Carb G.	Sugars G.	Added Sugars	Protein G.	Allergens	Gluten Free	M.S.G. Free	Added Nitrates or Nitrites	
DELI HAM CATEGORY															
Dierbergs Bavarian Smokehouse Ham	30	1	0.33	0.25	10	315	0.5	0	0	5	None	Yes	Yes	contains	
Dierbergs Black Forest Ham	25	0.5	0	0	12.5	195	0.5	0.5	0.5	5.5	None	Yes	Yes	contains	
Dierbergs Honey Cured Smokehouse Ham	30	0.5	0	0	12.5	210	1.5	3	3	5	None	Yes	Yes	contains	
Dierbergs Bob's Smokehouse Cherry Wood Smk Ham	40	0.25	0	0	10	195	1.4	8	6	5	None	Yes	Yes	contains	
Dierbergs Old Fashioned Off-The-Bone Ham	30	1	0.5	0	11.7	317	0.33	0	0	5	None	Yes	Yes	contains	
Dierbergs Virginia Style Natural Juice Ham	30	0.5	0	0	12.5	145	0.5	1	1	5.5	None	Yes	Yes	contains	
DELI POULTRY CATEGORY - TURKEY															
Dierbergs Pepper Turkey Breast	30	0	0	0	15	230	0.5	0.5	0	5.5	None	Yes	Yes		
Dierbergs Oven Brownd Turkey Breast (Low Sodium)	25	0	0	0	15	145	0	0	0	5.5	None	Yes	Yes		
Dierbergs Cajun Style Turkey Breast	35	0.75	0	0	12.5	230	1	0.5	0	5.5	None	Yes	Yes		
Dierbergs Honey Mesquite Smoked Turkey Breast	30	0	0	0	12.5	235	1.5	1.5	0	5.5	None	Yes	Yes	contains	
Dierbergs Golden Roasted Turkey Breast	30	0	0	0	15	220	0.5	0.5	0	5.5	None	Yes	Yes		
Dierbergs Rotisserie Sliced Turkey Breast (Boneless, Skinless)	23	4.5	0.5	0	20	245	0.5	0.5	0	5.5	None	Yes	Yes		
Dierbergs Honey Maple Turkey Breast	30	0	0	0	12.5	215	2	2	1.5	5.5	None	Yes	Yes		
DELI POULTRY CATEGORY - CHICKEN															
Dierbergs Buffalo Chicken Breast	30	1	0	0	15	370	0.5	0	0	5	None	Yes	Yes		
Dierbergs Golden Brown Chicken Breast	30	1	0	0	17.5	205	0	0	0	5	None	Yes	Yes		
DELI ROASTED BEEF CATEGORY															
Dierbergs USDA Choice Angus Beef Pastrami	30	0.87	0.35	0.55	13.9	287	0.28	0	0	2.5	None	Yes	Yes	contains	
Dierbergs USDA Choice Angus Corned Beef	30	1.25	0.5	0	15	300	0	0	0	5	None	Yes	Yes	contains	
Dierbergs USDA Choice Angus Oven Roasted Beef	40	1	0.5	1	15	225	0.5	1	0	5	None	Yes	Yes		
Dan's Prize Brand Top Round Roast Beef	30	0.75	0.5	0.03	12.5	250	0.5	1	0	5	Soy	Yes	Yes		
D Kitchen All-Natural London Broil	37.5	1	0.38	0	17.5	75	0.5	0.25	0	6.75	None	Yes	Yes		
DELI ROTISSERIE MEATS															
Dierbergs Rotisserie Colossal Chicken Breast	46.66	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)	40	2	<1	0	19	116	0	0		6	None	Yes	Yes		
Dierbergs Rotisserie Turkey Breast (Bone-In, Skin On)	52.5	4	1.13	0	19	133	0	0		4.25	None	Yes	Yes		

Nutritional Information Provided by Manufacturer. Nutritional Information Per Ounce.	Calories	Fat G.	Sat. Fat G.	Trans Fat G.	Cholest. MG.	Sodium MG.	Total Carb G.	Sugars G.	Added Sugars	Protein G.	Allergens	Gluten Free	M.S.G. Free	Added Nitrates or Nitrites
DELI ASSORTED LUNCH MEAT / SALAMI / SAUSAGE														
Dierbergs Presliced Hard Salami	105	9.5	3.5	0	23	455	1	1	0	5	Milk	Yes	Yes	contains
Eckrich Beef Bologna	85	7.5	3	0.5	10	325	2	0	0.5	6	None	Yes	Yes	contains
Eckrich Bologna	110	8.5	3	0	25	310	2	1	0	2.5	None	Yes	Yes	contains
Eckrich Garlic Bologna	110	9.5	3	0	25	275	2	1	1	2.5	None	Yes	Yes	contains
Eckrich Lower Sodium Hard Salami	140	10	4	0	25	250	1	0	0	6	None	Yes	Yes	contains
Eckrich Pickle & Pimento Loaf	80	2.5	2.5	0	15	345	3.5	1.5	0	2.5	Soy	Yes	Yes	contains
Eckrich Reduced Fat/Sodium Hard Salami	80	5	2	0	25	390	1	0	0	7	Milk	Yes	Yes	contains
Eckrich Whole & Presliced Salami	110	10	4	0	30	480	1	0		6	0	Yes	Yes	contains
Hebrew National Salami	75	6.5	2.5	0	15	290	<1	0		4	Soy	Yes	Yes	contains
Kretschmar Genoa Salami, Whole	105	9.5	3.5	0	22.5	455	1	1	0	5	0	Yes	Yes	contains
Kretschmar Hard Salami, Whole	12	11	4	0	25	425	1	<1	0	5	0	Yes	Yes	contains
Kretschmar Sandwich Pepperoni	130	12	4.5	0	25	480	1	1		6	0	NO	Yes	contains
J. Morrell Stadium Franks Nutrition (info for One Frank)	330	30	13	0	75	1180	2	1		13	None	Yes	Yes	contains
Max German Old World Braunschweiger	93	81	2.6	51	277	0.9	0	0		4.1	None	NO	Yes	contains
Max German Old World Hard Salami	120	11	4	0	30	500	0	0		6	None	Yes	Yes	contains
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 Prosciutto	70	5	2	0	30	480	<1	0		8	None	Yes	Yes	