

# 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	
<b>DELI HAM CATEGORY</b>															
D Kitchen Bavarian Smokehouse Ham	30	1	0.33	0.25	10	315	0.5	0	0	5	None	Yes	Yes	contains	
D Kitchen Black Forest Ham	25	0.5	0	0	12.5	195	0.5	0.5	0.5	5.5	None	Yes	Yes	contains	
D Kitchen Bob's Smokehouse Cherry Wood Ham	40	0.25	0	0	10	195	4	8	6	5	None	Yes	Yes	contains	
D Kitchen Honey Cured Ham	30	0.5	0	0	12.5	210	1.5	3	3	5	None	Yes	Yes	contains	
D Kitchen Old Fashioned Off-The-Bone Ham	30	1	0.5	0	11.7	317	0.33	0	0	5	None	Yes	Yes	contains	
D Kitchen Bob's Smokehouse Peppered Cherry Wood Ham	40	0.5	0	0	10	195	4	8	6	5	None	Yes	Yes	contains	
D Kitchen Virginia Style Ham	30	0.5	0	0	12.5	145	0.5	1	1	5.5	None	Yes	Yes	contains	
<b>DELI POULTRY CATEGORY - TURKEY</b>															
D Kitchen Bob's Smokehouse Turkey Breast	45	1.5	0.5	0	15	183	<1	<1	0	7.5	None	Yes	Yes		
D Kitchen Cajun Style Turkey Breast	35	0.75	0	0	12.5	230	1	0.5	0	5.5	None	Yes	Yes		
D Kitchen Glazed Maple Turkey Breast	30	0	0	0	12.5	215	2	2	1.5	5.5	None	Yes	Yes		
D Kitchen Golden Roasted Whole Pan Turkey Breast	30	0	0	0	15	220	0.5	0.5	0	5.5	None	Yes	Yes		
D Kitchen Honey Smoked Turkey Breast	30	0	0	0	12.5	235	1.5	1.5	0	5.5	None	Yes	Yes	contains	
D Kitchen Honey Cured Turkey Breast	30	0.5	0	0	12.5	205	1.5	3	3	5.5	None	Yes	Yes	contains	
D Kitchen Low Sodium Turkey Breast	25	0	0	0	15	145	0	0	0	5.5	None	Yes	Yes		
D Kitchen Mesquite Smoked Turkey Breast	25	0.5	0	0	12.5	240	0.5	1	1	5.5	None	Yes	Yes	contains	
D Kitchen Pepper Turkey Breast	30	0	0	0	15	230	0.5	0.5	0	5.5	None	Yes	Yes		
D Kitchen Roasted Browned Turkey Breast	25	0.5	0	0	12.5	195	0	0	0	5.5	None	Yes	Yes		
D Kitchen Rotisserie Turkey Breast with Joe's Seasoning	33	0.5	0	0	14	185	1	0	0	7	None	Yes	Yes		
D Kitchen Rotisserie Turkey Breast	33	0.5	0	0	14	143	0	0	0	7	None	Yes	Yes		
<b>DELI POULTRY CATEGORY - CHICKEN</b>															
Dierbergs Buffalo Chicken Breast	30	1	0	0	15	370	0.5	0	0	5	None	Yes	Yes		
Dierbergs Oven Roasted Chicken Breast	30	1	0	0	17.5	205	0	0	0	5	None	Yes	Yes		
<b>DELI ROASTED BEEF CATEGORY</b>															
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		
D Kitchen USDA Choice All Natural Angus Roast Beef	30	1.5	0.75	0	15	175	0	0	0	5.5	None	Yes	Yes		
D Kitchen 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	

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D Kitchen USDA Choice Angus Corned Beef	30	1.25	0.5	0	15	300	0	0	0	5	None	Yes	Yes	contains
D Kitchen USDA Choice Angus Roast 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	
<b>DELI ROTISSERIE MEATS</b>														
Dierbergs Rotisserie Colossal Chicken Breast	46.66	2.66	0.83	0	21.7	86.7	0	0	0	5.66	None	Yes	Yes	
Dierbergs Rotisserie Natural Flavor Chicken w/o Skin (Ty)	40	2	<1	0	19	116	0	0	0	6	None	Yes	Yes	
<b>DELI ASSORTED LUNCH MEAT / SALAMI / SAUSAGE</b>														
D Kitchen Premium Traditional Hard Salami	120	11	4	0	25	450	1	<1	0	5	None	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 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	0	6	None	Yes	Yes	contains
Hormel Thuringer	85	7.5	3.5	0.3	27.5	325	0	0	0	4	None	Yes	Yes	contains
Hebrew National Kosher Bologna	85	7.5	3	0.3	15	275	0.5	0	0	3	Soy	Yes	Yes	contains
J. Morrell Stadium Beef Franks (info for One Frank)	330	30	13	0	75	1180	2	1		13	None	Yes	Yes	contains
Kretschmar Genoa Salami, Whole	105	9.5	3.5	0	22.5	455	1	1	0	5	None	Yes	Yes	contains
Kretschmar Hard Salami	110	10	4	0	25	460	0	0	0	6	None	Yes	Yes	contains
Kretschmar Sandwich Pepperoni	130	12	4.5	0	25	480	1	1		6	None	Yes	Yes	contains
Max German Old World Braunschweiger	90	7	2.6	0	53	280	15	1	1	4.5	Milk	NO	Yes	contains
Max German Snack Bologna	85	7.5	3	0	12.5	265	1	1	1	3	None	Yes	Yes	contains
Piekutowski's Beer Salami	69	5.2	1.9	0.2	20	248	0.1	0	0	5.2	None	Yes	Yes	contains
Piekutowski's Kra-kow	70	5.3	1.8	0.1	20.5	222	0.1	0	0	5.2	None	Yes	Yes	contains
Piekutowski's Polish Sausage	66	4.9	1.7	0.1	20	227	0.2	0	0	5.3	None	Yes	Yes	contains
Volpi Genoa Salame	110	9	3	0	28	465	<1	0	0	8	None	Yes	Yes	contains
Volpi Prosciutto Ham	70	5	2	0	30	690	<1	0	0	8	None	Yes	Yes	