

Nutrition Information

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Updated: 07/31/2019

Bulk Meat	Serving Size	Total Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb. (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Holiday Carving Turkey Breast	2 oz	90	35	4	1	0	40	280	0	0	0	13
Natural Low Sodium Fresh Oven Roasted Turkey Breast	2 oz	60	0	0.5	0	0	25	300	1	0	0	12
Turkey Pastrami	1 slice (28 g)	30	10	1	0	0	20	250	0	0	0	5
Oil Browned Chicken Breast	2 oz	60	0	1	0	0	30	490	1	0	0	11
Raley's Fresh Oven Roasted Turkey Breast	2 oz	45	10	1	0	0	20	400	0	0	0	9
Nob Hill Trading Co. Pepper Turkey	2 oz	50	10	1	0	0	20	470	1	0	1	9
Nob Hill Trading Co. Honey Turkey	2 oz	70	15	1.5	0	0	25	440	3	0	3	10
Nob Hill Trading Co. Mesquite Turkey	2 oz	60	15	1.5	0	0	25	470	1	0	1	10
Nob Hill Trading Co. Browned Turkey	2 oz	60	10	1	0	0	25	460	1	0	1	11
Certified Angus Beef® Roast Beef	2 oz	70	20	2	1	0	35	310	0	0	0	12
Certified Angus Beef® Pastrami	2 oz	60	15	1.5	0.5	0	25	460	0	0	0	12
Raley's Smoked Virginia Ham	2 oz	60	10	1	0	0	25	440	2	0	1	10
Nob Hill Trading Co. Brown Sugar Ham	2 oz	70	20	2.5	1	0	25	470	2	0	2	10
Nob Hill Trading Co. Black Forest Ham	2 oz	60	20	2	1	0	25	650	1	0	1	10
Nob Hill Trading Co. Honey Ham	2 oz	70	20	2.5	1	0	25	440	3	0	3	10
Cooked Ham	2 oz	60	15	1.5	0	0	30	450	3	0	2	9

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Raley's Ham Off the Bone	2 oz	80	35	4	1.5	0	25	390	3	0	3	8
Raley's Roast Beef	2 oz	70	10	1	0	0	35	370	1	0	0	14
Certified Angus Beef® Corned Beef	2 oz	60	15	1.5	0.5	0	25	450	0	0	0	12
Beef Bologna	2 oz	170	130	14	6	0	30	630	4	0	2	6
Garlic Bologna	2 oz	180	140	16	6	0	35	570	3	0	2	7
German Bologna	2 oz	150	120	13	5	0	30	420	0	0	0	7
Mortadella	2 oz	170	130	14	5	0	40	570	2	0	1	10
Turkey Bologna	2 oz	130	100	11	3.5	0	50	480	1	0	0	7
Olive Loaf	2 oz	160	120	13	4.05	0	20	510	5	0	3	5
Lebanon Bologna	2 oz	120	70	7	2.5	0	35	920	2	0	1	10
Salame Genoa	2 oz	210	160	18	7	0	50	940	0	0	0	12
Thuringer	2 oz	170	140	15	7	0.5	55	650	0	0	0	8
Salame Milano	1 oz	110	80	9	3	0	28	465	0	0	0	8
Prosciutto	1 oz	70	40	5	2	0	30	480	1	0	0	8
Salame Genova	1 oz	210	160	18	7	0	50	940	0	0	0	12
Hot Calabrese Salame	1 oz	60	60	7	2.5	0	25	460	2	0	0	6

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Hard Salame	1 oz	110	90	10	4	0	35	450	0	0	0	5
Toscana Salame	1 oz	80	40	4.5	1.5	0	25	440	2	0	1	7
Cotto Salame	2 oz	170	130	14	5	0	35	630	1	0	1	9
Columbus Salame Finocchiona	1 oz	90	60	7	2.5	0	25	410	0	0	0	7
Columbus Artisan Felino Salame	1 oz	100	70	8	3	0	25	440	0	0	0	8
Columbus Mild Coppa	1 oz	90	50	6	2.5	0	30	450	0	0	0	8
Columbus Hot Dry Coppa	1 oz	90	60	6	2.5	0	30	450	0	0	0	8
Columbus Prosciutto	1 oz	60	25	3	1	0	25	460	0	0	0	8
Columbus Salame Secchi	1 oz	100	70	8	3	0	25	450	0	0	0	7
Columbus Pancetta	1 oz	140	100	11	8	0	50	810	0	0	0	10
Columbus Choice Roast Beef	2 oz	80	20	2.5	1	0	35	300	1	0	1	13
Columbus Choice Pastrami	2 oz	70	20	2.5	1	0	30	380	1	0	1	12
Columbus Antibiotic-Free Oven Roasted Turkey	2 oz	70	10	1	0	0	35	550	2	0	0	14
Columbus Antibiotic-Free Honey Turkey	2 oz	80	0	0.5	0	0	35	400	5	0	4	13
Columbus Peppered Salame	1 oz	90	60	7	2.5	0	25	430	1	0	0	6
Columbus Sopressata Salame	1 oz	90	60	7	2.5	0	25	440	1	0	0	6

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Columbus Cracked Pepper Turkey Breast	2 oz	60	0	0	0	0	35	260	1	0	0	13
Columbus Pan Roasted Turkey Breast	2 oz	60	10	1	0	0	35	460	1	0	1	12
Columbus Maple Honey Turkey Breast	2 oz	70	0	0	0	0	30	290	5	0	4	13
Columbus Low Sodium Turkey Breast	2 oz	60	0	0	0	0	35	310	1	0	0	13
Columbus Antibiotic-Free Applewood Ham	2 oz	70	15	1.5	0.5	0	35	520	2	0	1	12
Columbus Pork Roast	2 oz	70	20	2	0.5	0	35	320	2	0	1	11
Columbus Hot Capicola	2 oz	90	50	6	2	0	30	410	1	0	0	9
Columbus Genoa Salame with Mold	1 oz	80	50	6	2	0	25	460	1	0	0	7
Columbus Genoa Salame	1 oz	90	50	6	2	0	25	460	1	0	0	7
Columbus Italian Dry Salame	1 oz	90	50	6	2	0	25	470	1	0	1	7
Columbus Black Forest Ham	2 oz	70	20	2.5	1	0	30	490	2	0	2	11
Columbus Buffalo Chicken Breast	2 oz	50	10	1	0	0	30	450	0	0	0	11
Columbus Applewood Smoked Ham	2 oz	70	20	2.5	1	0	35	470	2	0	1	11
Columbus Cotto Salami	2 oz	170	130	14	5	0	35	630	1	0	1	9
Columbus Mortadella	2 oz	170	130	14	4	0	40	570	2	0	1	10