

## FLAVOR & NUTRITION WITH SAAG'S

Saag's deli meats provide important nutrients – protein, iron, zinc, B vitamins, and other vitamins and minerals – and they pack a lot of the flavors you love into every ounce.

If you like the way salami and dry cured meats taste in a sandwich, try using them in recipes. Simply cut the sliced meat into strips and stir some into egg dishes (like frittata) or toss them into your favorite pasta or salad.

Saag's Bologna isn't just for the kids' lunchbox. Our old-world luncheon meats are mildly seasoned, tender and moist.

With sandwiches the number one item we eat at lunch and dinner, it's no wonder there are so many choices for ham, turkey and beef in the deli. We're partial to products with as few added ingredients and as little water as possible because they taste more like what you'd cook at home.

Taste is everything at Saag's, and it starts with the quality ingredients we buy. We use only the best quality, fresh whole muscle meats, never ground meat or meat parts. The same is true of our other ingredients: fresh whole, cracked or ground herbs and spices, maple syrup, and nuts. We do not use MSG or fillers in any of our products. We make our own spice blends and our meats are naturally hickory smoked because we know our customers can taste the difference.

## NUTRITIONAL INFORMATION



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STARTED BY ONE GUY, ENJOYED BY MILLIONS

Visit our website for recipes that will keep you going from morning til night. You'll also find answers to frequently asked questions, as well as product flavor descriptions and nutritional information.

If you're craving a product that you can't find in your market, shop at our secure on-line store at [www.saags.com](http://www.saags.com), and we'll ship it right to your door.

*Printed on 100% recycled, 50% post-consumer paper.*



At Saag's, Taste Is Everything

**VISIT SAAGS.COM**  
FOR INFORMATION AND RECIPES

SAAG'S SPECIALTY MEATS, LLC  
1799 FACTOR AVENUE SAN LEANDRO, CA 94577  
510-352-8000

NUTRITIONAL INFORMATION FOR  
**Deli Meats,  
Patés & Salamis**



All calculations based upon 56g (2 ounce) serving size

<b>Luncheon Meats</b>	PRODUCT ALLEGENS?	CALORIES	FAT (G)	SAT FAT (G)	TRANS FAT (G)	CHOL (MG)	SODIUM (MG)	CARB (G)
Bavarian Headcheese	None	80	5	2	0	35	450	0
Beef Bologna	None	130	11	5	0	30	430	0
Blood & Tongue Loaf	None	140	11	4	0	45	440	0
Garlic Ham Bologna	None	100	6	2.5	0	30	420	0
Gelbwurst	Eggs	140	12	5	0	30	370	0
German Bologna	None	140	13	5	0	30	420	0
German Bologna Ring	None	130	11	4	0	25	360	0
Ham Bologna	Tree Nuts	110	8	3	0	30	360	0
Pepper & Garlic Bologna	Tree Nuts	100	6	2.5	0	30	380	0
Veal Loaf	Milk	130	11	4	0	25	400	0
Vienna Bologna	Tree Nuts	130	11	4	0	30	390	0
Vienna Bologna Ring	None	130	11	4	0	30	420	0

**Specialty Patés**

French Pâté	None	180	16	6	0	70	360	0
Liver Pâté	None	190	18	7	0	80	360	0
Pistachio Liver Pâté	Tree Nuts	190	18	7	0	80	360	0

**Dry Cured Meats & Salamis**

Beef Salami	None	180	15	6	0	40	690	0
Beef Summer Sausage	None	170	15	6	0	40	660	0
Buendherfleisch	None	110	3	1.5	0	50	1090	1
Danish Salami	None	170	15	6	0	40	640	0
German Salami	None	170	15	6	0	40	630	0
Kabanossi Peppettes	None	180	15	6	0	40	680	1
Landjaeger	None	210	16	6	0	45	760	1

**USDA Choice Beef Products**

Buendherfleisch	None	110	3	1.5	0	50	1090	1
Corned Beef Top Round	None	60	2	1	0	25	450	0
Corned Beef Bottom Round	None	60	2	1	0	25	450	0
Roasted Beef Top Round	None	80	3	1	0	30	120	0
(made with natural ingredients)								
Oven Roasted Beef Top Round	None	60	2	1	0	25	410	0
Oven Roasted Beef Bottom Round	None	70	2.5	1	0	25	450	0
Pastrami Top Round	None	60	2	1	0	25	450	0
Pastrami Bottom Round	None	60	2	1	0	25	450	0
Smoked 3 Pepper Pastrami Top Round	None	60	2	1	0	25	450	0

**Poultry Products**

Butter-Basted Turkey Breast	None	60	1	0	0	30	340	1
California Cajun Turkey Breast	None	60	1	0	0	30	390	1
Golden Classic Turkey Breast	None	60	1	0	0	25	340	0
Maple Turkey Breast	None	60	1	0	0	30	340	1
Natural Roasted Turkey Breast	None	80	2	0.5	0	40	190	0
Peppered Turkey Breast	None	50	1	0	0	30	390	1
Slow Roasted Turkey Breast	None	80	2	0.5	0	30	310	0
Smoked Turkey Breast	None	60	1	0	0	30	340	1
Oven Roasted Chicken Breast	None	50	0	0	0	25	420	0

**Pork Items**

Smoked Boneless Flat Ham	None	60	2	0.5	0	30	510	0
Black Forest Ham	None	60	2	0.5	0	30	510	0
Hickory Smoked Ham	None	60	2	0.5	0	30	510	0
Maple Ham	None	60	2	0.5	0	30	440	2
Pepper Ham	None	60	2	0.5	0	30	500	0
Virginia Baked Ham	None	60	2	0.5	0	30	440	2
Bone in "Kassler" Pork Chops	None	90	5	2	0	30	440	0
Boneless Cured and Smoked Pork Loin	None	90	5	2	0	30	440	0