

WHERE SAAG'S MEETS NUTRITIOUS

Specialty sausages from Saag's don't just taste good, they contain important nutrients – protein, iron, zinc, B vitamins, and other vitamins and minerals – that make up part of a healthy diet. They're also fully cooked and ready to use.

Saag's entree sausages and breakfast links are tender and succulent. Choose from classic British Bangers and Bratwurst to Natural Mango Habanero Chicken and Asiago Fennel Chicken sausage. Each variety adds an appealing flavor twist to pasta, pizza, casseroles, soups, salads, and sandwiches.

Take a look at our numbers and you'll see that, on average, a 2-ounce portion of Saag's Natural Poultry sausages have about the same amount of fat as a skinless chicken breast. And all of our sausages have the flavor that makes eating a pleasure.

How do we do it? At Saag's we never use ground meat or meat parts. All of the meat (beef, pork and poultry) we use is inspected and trimmed to specifications that exceed USDA standards. The same is true of our other ingredients: fresh whole, cracked or ground herbs and spices; fresh vegetables and fruits; and fresh eggs (yes, we crack them ourselves!) in the recipes that call for them. 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.



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, and we'll ship it right to your door.

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



At Saag's, Taste Is Everything

NUTRITIONAL INFORMATION FOR
Classic & Natural Sausages

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

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

Classic Sausages	PRODUCT ALLERGENS?	CALORIES	FAT (G)	SAT FAT (G)	TRANS FAT (G)	CHOL (MG)	SODIUM (MG)	CARB (G)
Andouille	None	130	10	4	0	30	420	0
Atomic Hots	None	150	13	4	0	30	430	0
Bavarian Bratwurst	None	150	13	5	0	30	420	1
Bockwurst	Eggs	140	12	5	0	30	370	0
British Bangers	Soy, Milk, Wheat Gluten	130	10	4	0	30	370	3
Chorizo	None	140	11	4	0	30	480	0
Garlic Sausage	None	130	11	4	0	25	420	0
Italian - Hot	None	120	9	4	0	30	360	0
Italian - Sweet	None	120	9	4	0	30	360	0
Kielbasa	None	130	10	4	0	30	410	1
Knackwurst	None	130	11	4	0	25	360	0
Linguisa	None	140	11	4	0	30	370	0
Louisiana Beef Hots	None	150	13	4	0	30	430	0
Louisiana Hots	None	150	13	4	0	30	430	0
Louisiana Milds	None	150	13	4	0	30	430	0
Marzenbier Brats	None	150	13	5	0	30	420	1
Nuernberger Bratwurst	None	150	13	5	0	30	420	1
Polish	None	120	10	4	0	30	380	0
Smoked Bratwurst	None	120	10	4	0	30	420	0
Swiss Bockwurst	Eggs	140	12	5	0	30	370	0

Frankfurters

Beef Franks	Milk	130	10	5	0	30	400	1
Classic Franks	None	130	11	4	0	30	420	0
German Franks	None	130	11	4	0	30	420	0

Breakfast Sausages

Bavarian Breakfast Brats	None	150	13	5	0	30	420	1
British Bangers	Soy, Milk, Wheat Gluten	130	10	4	0	30	370	3
Chicken Apple	None	100	7	2	0	40	340	3
Chicken Mango	None	100	7	2	0	35	380	3
Pork Link Sausage	None	130	10	4	0	25	370	1
Turkey Maple	None	100	7	2	0	35	350	1
Veal Breakfast Links	None	130	11	5	0	35	380	1

Natural Sausages

Chicken Apple Sausage	None	110	7	2.5	0	35	390	2
Chicken Basil Sausage	None	100	7	2.5	0	40	430	1
Chicken Parmesan Sausage	Cheese	110	8	3	0	40	430	0
Mango Habanero	None	120	8	2.5	0	35	420	3
Chicken Sausage								
Asiago Chicken Sausage	Cheese	110	8	2.5	0	40	390	0
Turkey Italian Sausage	None	90	5	1.5	0	30	420	1
Chicken Bratwurst	None	110	7	2	0	40	440	1