

# NUTRITIONAL INFORMATION

\*SPICE 'N SLICE PRODUCTS®



	BOLOGNA	PEPPERONI	JERKY	SOUTHERN STYLE SAUSAGE	SALAMI	COUNTRY STYLE SAUSAGE
Calories	326.38	325.99	296.57	119.55	275.37	180.46
Calories from Fat	75.64	78.85	31.26	13.63	77.77	28.23
Calories fr. Saturated Fat	6.09	9.23	5.21	1.67	6.46	3.22
Protein	8.42 g	10.82 g	3.2 g	1.7 g	10.05 g	2.61 g
Carbohydrates	57.33 g	66.39 g	66.25 g	25.57 g	45.57 g	37.94 g
Dietary Fibre	3.58 g	16.54 g	4.29 g	5.15 g	8.69 g	7.74 g
Soluble Fibre		0.02 g	0.07 g		0.08 g	
Unsoluble Fibre		0.03 g	0.09 g		0.11 g	
Sugar - Total	28.67 g	20.87 g	45.67 g	15.14 g	13.58 g	23.95 g
Other Carbohydrates	9.53 g		9.22 g	0.13 g	8.42 g	1.72 g
Fat - Total	8.4 g	8.76 g	3.47 g	1.51 g	8.64 g	3.14 g
Saturated Fat	0.68 g	1.03 g	0.58 g	0.19 g	0.72 g	0.36 g
Mono Fat	4.39 g	3.79 g	0.74 g	0.19 g	5.02 g	0.22 g
Poly Fat	1.75 g	2.86 g	1.9 g	0.38 g	2.11 g	0.6 g
Trans Fatty Acids	0.03 g	0.03 g	0.08 g	0.02 g	0.01 g	
Water	2.95 g	7.54 g	2.32 g	1.77 g	4.69 g	2.27 g
Ash	9.35 g	4.36 g	2.74 g	0.72 g	2.54 g	1.55 g
Vitamin A IU	36.02 IU	4,693.76 IU	1,716.81 IU	455.19 IU	2,623.98 IU	3,487.14 IU
Thiamin - B1	0.12 mg	0.2 mg	0.07 mg		0.27 mg	0.03 mg
Riboflavin - B2	0.08 mg	0.27 mg	0.08 mg	0.01 mg	0.2 mg	0.07 mg
Niacin - B3	1.67 mg	1.31 mg	0.12 mg	0.02 mg	2.07 mg	0.05 mg
Vitamin - B6	0.11 mg	0.54 mg	0.11 mg	0.01 mg	0.24 mg	0.14 mg
Vitamin C	0.91 mg	21.85 mg	5.87 mg	1.81 mg	8.09 mg	5.79 mg
Vitamin E Alpha- Tocopherol	0.02 mg	0.31 mg	0.06 mg	0.21 mg	0.09 mg	0.06 mg
Folate	15.99 mg	17.99 mg	4.68 mg	0.83 mg	25.72 mg	7.03 mg
Vitamin K			12.97 mcg		20.74 mcg	7.46 mcg
Pantothenic Acid	0.16 mg	0.24 mg	0.04 mg			0.01 mg
Calcium	114.5 mg	362.17 mg	70.52 mg	139.21 mg	198.49 mg	212.52 mg
Chloride	0.01 mg		0.01 mg			
Chromium	0.01 mg		0.01 mg			
Copper	0.11 mg	0.7 mg	0.13 mg	0.08 mg	0.27 mg	0.08 mg
Iron	2.44 mg	21.92 mg	3.68 mg	3.44 mg	6.88 mg	5.39 mg
Magnesium	64.56 mg	136.43 mg	31.02 mg	8.19 mg	113.43 mg	18.99 mg
Manganese	0.38 mg	2.88 mg	1.06 mg	0.36 mg	1.37 mg	0.37 mg
Molybdenum	0.06 mg		0.08 mg	0.01 mg		
Phosphorus	184.21 mg	235.24 mg	48.03 mg	14.95 mg	291.59 mg	26.42 mg
Potassium	162.46 mg	1,117.56 mg	255.13 mg	6.62 mg	584.28 mg	184.76 mg
Selenium	28.9 mcg	3.52 mcg	1.35 mcg	0.28 mg	32.52 mg	0.66 mg
Sodium	6,613.11 mg	24.73 mg	6,901.71 mg	26,513.29 mg	10,908.67 mg	20,555.3 mg
Zinc	1.26 mg	2.41 mg	0.47 mg	0.1 mg	1.98 mg	0.23 mg
Saturated Fat 18:0 Stearic	0.05 g			0.05 g	0.06 g	

\*Amount Per 100 Grams