



## Beef Products

Fully cooked, sliced oven roasted Harris Teeter Fresh Foods Market beef adds tremendous flavor to your sandwich. Pair with any of our swiss cheeses and create a filling and delectable favorite.

### Roast Beef

Nutrition Facts		Amount/Serving	%DV	Amount/Serving	%DV
Serving Size 2 oz (56g)		<b>Total Fat</b> 7g	<b>11%</b>	<b>Total Carb</b> 1g	<b>0%</b>
Servings Per Container Varied		Saturated Fat 2.5g	<b>13%</b>	Dietary Fiber 0g	<b>0%</b>
<b>Calories</b> 110		Trans. Fat 0g		Sugar 0g	
Fat Calories 60		<b>Cholesterol</b> 35mg	<b>12%</b>	<b>Protein</b> 14g	
		<b>Sodium</b> 400mg	<b>17%</b>		
*Percent Daily Values (DV) are based on a 2,000 calorie diet.		Vitamin A 0% • Vitamin C 0% • Calcium 2% • Iron 6%			

### London Broil

Nutrition Facts		Amount/Serving	%DV	Amount/Serving	%DV
Serving Size 2 oz (56g)		<b>Total Fat</b> 2g	<b>3%</b>	<b>Total Carb</b> 2g	<b>1%</b>
Servings Per Container Varied		Saturated Fat .5g	<b>3%</b>	Dietary Fiber 0g	<b>0%</b>
<b>Calories</b> 90		Trans. Fat 0g		Sugar 0g	
Fat Calories 20		<b>Cholesterol</b> 30mg	<b>10%</b>	<b>Protein</b> 14g	
		<b>Sodium</b> 500mg	<b>21%</b>		
*Percent Daily Values (DV) are based on a 2,000 calorie diet.		Vitamin A 0% • Vitamin C 0% • Calcium 2% • Iron 8%			

## Cheese Products

### Baby Swiss Cheese

Nutrition Facts		Amount/Serving	%DV	Amount/Serving	%DV
Serving Size 1 oz (28g)		<b>Total Fat</b> 7g	<b>11%</b>	<b>Total Carb</b> <1g	<b>0%</b>
Servings Per Container Varied		Saturated Fat 4.5g	<b>23%</b>	Dietary Fiber 0g	<b>0%</b>
<b>Calories</b> 100		Trans. Fat 0g		Sugar 0g	
Fat Calories 70		<b>Cholesterol</b> 25mg	<b>9%</b>	<b>Protein</b> 7g	
		<b>Sodium</b> 140mg	<b>6%</b>		
*Percent Daily Values (DV) are based on a 2,000 calorie diet.		Vitamin A 6% • Vitamin C 0% • Calcium 20% • Iron 0%			

### Muenster Cheese

Nutrition Facts		Amount/Serving	%DV	Amount/Serving	%DV
Serving Size 1 oz (28g)		<b>Total Fat</b> 8g	<b>12%</b>	<b>Total Carb</b> 0g	<b>0%</b>
Servings Per Container Varied		Saturated Fat 5g	<b>25%</b>	Dietary Fiber 0g	<b>0%</b>
<b>Calories</b> 100		Trans. Fat 0g		Sugar 0g	
Fat Calories 70		<b>Cholesterol</b> 30mg	<b>8%</b>	<b>Protein</b> 6g	
		<b>Sodium</b> 190mg	<b>8%</b>		
*Percent Daily Values (DV) are based on a 2,000 calorie diet.		Vitamin A 6% • Vitamin C 0% • Calcium 20% • Iron 0%			

### Provolone Cheese

Nutrition Facts		Amount/Serving	%DV	Amount/Serving	%DV
Serving Size 1oz (28g)		<b>Total Fat</b> 8g	<b>12%</b>	<b>Total Carb</b> <1g	<b>0%</b>
Servings Per Container Varied		Saturated Fat 5g	<b>25%</b>	Dietary Fiber 0g	<b>0%</b>
<b>Calories</b> 100		Trans. Fat 0g		Sugar <1g	
Fat Calories 70		<b>Cholesterol</b> 30mg	<b>8%</b>	<b>Protein</b> 7g	
		<b>Sodium</b> 115mg	<b>5%</b>		
*Percent Daily Values (DV) are based on a 2,000 calorie diet.		Vitamin A 6% • Vitamin C 0% • Calcium 20% • Iron 0%			

### Swiss Cheese

Nutrition Facts		Amount/Serving	%DV	Amount/Serving	%DV
Serving Size 1 oz (28g)		<b>Total Fat</b> 9g	<b>14%</b>	<b>Total Carb</b> <1g	<b>0%</b>
Servings Per Container Varied		Saturated Fat 6g	<b>30%</b>	Dietary Fiber 0g	<b>0%</b>
<b>Calories</b> 110		Trans. Fat 0g		Sugar 1g	
Fat Calories 80		<b>Cholesterol</b> 25mg	<b>9%</b>	<b>Protein</b> 7g	
		<b>Sodium</b> 50mg	<b>2%</b>		
*Percent Daily Values (DV) are based on a 2,000 calorie diet.		Vitamin A 10% • Vitamin C 0% • Calcium 20% • Iron 0%			

## Cheese Products (continued)

### White American Cheese

Nutrition Facts		Amount/Serving	%DV	Amount/Serving	%DV
Serving Size 1 oz (28g)		<b>Total Fat</b> 9g	<b>13%</b>	<b>Total Carb</b> 1g	<b>0%</b>
Servings Per Container Varied		Saturated Fat 6g	<b>29%</b>	Dietary Fiber 0g	<b>0%</b>
<b>Calories</b> 110		Trans. Fat 0g		Sugar 0g	
Fat Calories 80		<b>Cholesterol</b> 25mg	<b>9%</b>	<b>Protein</b> 6g	
		<b>Sodium</b> 350mg	<b>15%</b>		
*Percent Daily Values (DV) are based on a 2,000 calorie diet.		Vitamin A 8% • Vitamin C 0% • Calcium 15% • Iron 0%			

### Yellow American Cheese

Nutrition Facts		Amount/Serving	%DV	Amount/Serving	%DV
Serving Size 1 oz (28g)		<b>Total Fat</b> 9g	<b>13%</b>	<b>Total Carb</b> 1g	<b>0%</b>
Servings Per Container Varied		Saturated Fat 6g	<b>29%</b>	Dietary Fiber 0g	<b>0%</b>
<b>Calories</b> 110		Trans. Fat 0g		Sugar 0g	
Fat Calories 80		<b>Cholesterol</b> 25mg	<b>9%</b>	<b>Protein</b> 6g	
		<b>Sodium</b> 350mg	<b>15%</b>		
*Percent Daily Values (DV) are based on a 2,000 calorie diet.		Vitamin A 8% • Vitamin C 0% • Calcium 15% • Iron 0%			

## Salami Products

### Genoa Salami

Nutrition Facts		Amount/Serving	%DV	Amount/Serving	%DV
Serving Size 2 oz (56g)		<b>Total Fat</b> 18g	<b>28%</b>	<b>Total Carb</b> 2g	<b>1%</b>
Servings Per Container Varied		Saturated Fat 7g	<b>35%</b>	Dietary Fiber 0g	<b>0%</b>
<b>Calories</b> 210		Trans. Fat 0g		Sugar 2g	
Fat Calories 160		<b>Cholesterol</b> 45mg	<b>15%</b>	<b>Protein</b> 66g	
		<b>Sodium</b> 870mg	<b>36%</b>		
*Percent Daily Values (DV) are based on a 2,000 calorie diet.		Vitamin A 0% • Vitamin C 0% • Calcium 20% • Iron 4%			

### Hard Salami

Nutrition Facts		Amount/Serving	%DV	Amount/Serving	%DV
Serving Size 1 oz (28g)		<b>Total Fat</b> 11g	<b>15%</b>	<b>Total Carb</b> 1g	<b>0%</b>
Servings Per Container Varied		Saturated Fat 4g	<b>16%</b>	Dietary Fiber 0g	<b>0%</b>
<b>Calories</b> 120		Trans. Fat 0g		Sugar 0g	
Fat Calories 100		<b>Cholesterol</b> 30mg	<b>8%</b>	<b>Protein</b> 6g	
		<b>Sodium</b> 500mg	<b>20%</b>		
*Percent Daily Values (DV) are based on a 2,000 calorie diet.		Vitamin A 0% • Vitamin C 0% • Calcium 0% • Iron 2%			



## Nutritional Information

Nutritional information about Harris Teeter Fresh Foods Market Deli meats and cheeses.



## Ham Products

Flavorful, fresh, moist and delicious, Harris Teeter Fresh Foods Market ham makes a great sandwich. For a tasty addition to your ham sandwich, try our cheddar, American or swiss cheeses.

### Black Forest Ham

Nutrition Facts		Amount/Serving	%DV	Amount/Serving	%DV
Serving Size 2 oz (56g)		<b>Total Fat</b> 1.5g	<b>2%</b>	<b>Total Carb</b> 2g	<b>1%</b>
Servings Per Container Varied		Saturated Fat .5g	<b>3%</b>	Dietary Fiber 0g	<b>0%</b>
<b>Calories</b> 60		Trans. Fat 0g		Sugar 1g	
Fat Calories 15		<b>Cholesterol</b> 30mg	<b>10%</b>	<b>Protein</b> 10g	
		<b>Sodium</b> 500mg	<b>21%</b>		
*Percent Daily Values (DV) are based on a 2,000 calorie diet.					
Vitamin A 0% • Vitamin C 0% • Calcium 0% • Iron 2%					

### Boiled Ham

Nutrition Facts		Amount/Serving	%DV	Amount/Serving	%DV
Serving Size 2 oz (56g)		<b>Total Fat</b> 1g	<b>2%</b>	<b>Total Carb</b> 2g	<b>1%</b>
Servings Per Container Varied		Saturated Fat .5g	<b>3%</b>	Dietary Fiber 0g	<b>0%</b>
<b>Calories</b> 60		Trans. Fat 0g		Sugar 2g	
Fat Calories 10		<b>Cholesterol</b> 30mg	<b>10%</b>	<b>Protein</b> 9g	
		<b>Sodium</b> 320mg	<b>13%</b>		
*Percent Daily Values (DV) are based on a 2,000 calorie diet.					
Vitamin A 0% • Vitamin C 0% • Calcium 0% • Iron 2%					

## Ham Products (continued)

### Honey Ham

Nutrition Facts		Amount/Serving	%DV	Amount/Serving	%DV
Serving Size 2 oz (56g)		<b>Total Fat</b> 1.5g	<b>2%</b>	<b>Total Carb</b> 4g	<b>1%</b>
Servings Per Container Varied		Saturated Fat .5g	<b>3%</b>	Dietary Fiber 0g	<b>0%</b>
<b>Calories</b> 70		Trans. Fat 0g		Sugar 3g	
Fat Calories 15		<b>Cholesterol</b> 30mg	<b>10%</b>	<b>Protein</b> 9g	
		<b>Sodium</b> 640mg	<b>27%</b>		
*Percent Daily Values (DV) are based on a 2,000 calorie diet.					
Vitamin A 0% • Vitamin C 0% • Calcium 0% • Iron 2%					

### Maple Ham

Nutrition Facts		Amount/Serving	%DV	Amount/Serving	%DV
Serving Size 2 oz (56g)		<b>Total Fat</b> 1.5g	<b>2%</b>	<b>Total Carb</b> 5g	<b>2%</b>
Servings Per Container Varied		Saturated Fat .5g	<b>3%</b>	Dietary Fiber 0g	<b>0%</b>
<b>Calories</b> 70		Trans. Fat 0g		Sugar 4g	
Fat Calories 15		<b>Cholesterol</b> 25mg	<b>8%</b>	<b>Protein</b> 9g	
		<b>Sodium</b> 640mg	<b>27%</b>		
*Percent Daily Values (DV) are based on a 2,000 calorie diet.					
Vitamin A 0% • Vitamin C 0% • Calcium 0% • Iron 2%					

### Ham Off the Bone

Nutrition Facts		Amount/Serving	%DV	Amount/Serving	%DV
Serving Size 2 oz (56g)		<b>Total Fat</b> 2g	<b>3%</b>	<b>Total Carb</b> 3g	<b>1%</b>
Servings Per Container Varied		Saturated Fat 1g	<b>5%</b>	Dietary Fiber 0g	<b>0%</b>
<b>Calories</b> 70		Trans. Fat 0g		Sugar 3g	
Fat Calories 20		<b>Cholesterol</b> 30mg	<b>10%</b>	<b>Protein</b> 10g	
		<b>Sodium</b> 380mg	<b>16%</b>		
*Percent Daily Values (DV) are based on a 2,000 calorie diet.					
Vitamin A 0% • Vitamin C 0% • Calcium 0% • Iron 2%					

### Virginia Ham

Nutrition Facts		Amount/Serving	%DV	Amount/Serving	%DV
Serving Size 2 oz (56g)		<b>Total Fat</b> 1g	<b>2%</b>	<b>Total Carb</b> 2g	<b>1%</b>
Servings Per Container Varied		Saturated Fat 1g	<b>5%</b>	Dietary Fiber 0g	<b>0%</b>
<b>Calories</b> 60		Trans. Fat 0g		Sugar 2g	
Fat Calories 10		<b>Cholesterol</b> 25mg	<b>8%</b>	<b>Protein</b> 10g	
		<b>Sodium</b> 430mg	<b>18%</b>		
*Percent Daily Values (DV) are based on a 2,000 calorie diet.					
Vitamin A 0% • Vitamin C 0% • Calcium 2% • Iron 2%					

## Turkey Products

### Cajun Fried Turkey Breast

Nutrition Facts		Amount/Serving	%DV	Amount/Serving	%DV
Serving Size 2 oz (56g)		<b>Total Fat</b> 1g	<b>1%</b>	<b>Total Carb</b> 1g	<b>0%</b>
Servings Per Container Varied		Saturated Fat 0g	<b>0%</b>	Dietary Fiber 0g	<b>0%</b>
<b>Calories</b> 60		Trans. Fat 0g		Sugar 1g	
Fat Calories 10		<b>Cholesterol</b> 30mg	<b>10%</b>	<b>Protein</b> 11g	
		<b>Sodium</b> 480mg	<b>20%</b>		
*Percent Daily Values (DV) are based on a 2,000 calorie diet.					
Vitamin A 0% • Vitamin C 0% • Calcium 0% • Iron 4%					

### Deep Fried Turkey Breast

Nutrition Facts		Amount/Serving	%DV	Amount/Serving	%DV
Serving Size 2 oz (56g)		<b>Total Fat</b> 1g	<b>1%</b>	<b>Total Carb</b> 1g	<b>0%</b>
Servings Per Container Varied		Saturated Fat 0g	<b>0%</b>	Dietary Fiber 0g	<b>0%</b>
<b>Calories</b> 60		Trans. Fat 0g		Sugar 1g	
Fat Calories 10		<b>Cholesterol</b> 30mg	<b>10%</b>	<b>Protein</b> 11g	
		<b>Sodium</b> 470mg	<b>20%</b>		
*Percent Daily Values (DV) are based on a 2,000 calorie diet.					
Vitamin A 0% • Vitamin C 0% • Calcium 20% • Iron 4%					

### Honey Maple Turkey Breast

Nutrition Facts		Amount/Serving	%DV	Amount/Serving	%DV
Serving Size 2 oz (56g)		<b>Total Fat</b> 1g	<b>1%</b>	<b>Total Carb</b> 1g	<b>0%</b>
Servings Per Container Varied		Saturated Fat 0g	<b>0%</b>	Dietary Fiber 0g	<b>0%</b>
<b>Calories</b> 60		Trans. Fat 0g		Sugar 0g	
Fat Calories 10		<b>Cholesterol</b> 30mg	<b>10%</b>	<b>Protein</b> 11g	
		<b>Sodium</b> 490mg	<b>19%</b>		
*Percent Daily Values (DV) are based on a 2,000 calorie diet.					
Vitamin A 0% • Vitamin C 0% • Calcium 0% • Iron 4%					

### Honey Smoked Turkey Breast

Nutrition Facts		Amount/Serving	%DV	Amount/Serving	%DV
Serving Size 2 oz (56g)		<b>Total Fat</b> 1g	<b>1%</b>	<b>Total Carb</b> 3g	<b>1%</b>
Servings Per Container Varied		Saturated Fat 0g	<b>0%</b>	Dietary Fiber 0g	<b>0%</b>
<b>Calories</b> 60		Trans. Fat 0g		Sugar 3g	
Fat Calories 10		<b>Cholesterol</b> 30mg	<b>10%</b>	<b>Protein</b> 11g	
		<b>Sodium</b> 470mg	<b>19%</b>		
*Percent Daily Values (DV) are based on a 2,000 calorie diet.					
Vitamin A 0% • Vitamin C 0% • Calcium 0% • Iron 4%					



## Turkey Products (continued)

Harris Teeter Fresh Foods Market turkey is a healthy and delicious choice for sandwiches, wraps and party platters. This versatile and dependable choice has the lowest fat and calorie content of all of our deli meats.

### Roasted Turkey Breast

Nutrition Facts		Amount/Serving	%DV	Amount/Serving	%DV
Serving Size 2 oz (56g)		<b>Total Fat</b> 1g	<b>1%</b>	<b>Total Carb</b> 1g	<b>0%</b>
Servings Per Container Varied		Saturated Fat 0g	<b>0%</b>	Dietary Fiber 0g	<b>0%</b>
<b>Calories</b> 60		Trans. Fat 0g		Sugar 1g	
Fat Calories 10		<b>Cholesterol</b> 30mg	<b>10%</b>	<b>Protein</b> 11g	
		<b>Sodium</b> 470mg	<b>20%</b>		
*Percent Daily Values (DV) are based on a 2,000 calorie diet.					
Vitamin A 6% • Vitamin C 0% • Calcium 20% • Iron 4%					

### Smoked Turkey Breast

Nutrition Facts		Amount/Serving	%DV	Amount/Serving	%DV
Serving Size 2 oz (56g)		<b>Total Fat</b> 1g	<b>1%</b>	<b>Total Carb</b> 3g	<b>1%</b>
Servings Per Container Varied		Saturated Fat 0g	<b>0%</b>	Dietary Fiber 0g	<b>0%</b>
<b>Calories</b> 60		Trans. Fat 0g		Sugar 3g	
Fat Calories 10		<b>Cholesterol</b> 30mg	<b>10%</b>	<b>Protein</b> 11g	
		<b>Sodium</b> 470mg	<b>19%</b>		
*Percent Daily Values (DV) are based on a 2,000 calorie diet.					
Vitamin A 0% • Vitamin C 0% • Calcium 0% • Iron 4%					