

Bologna	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron
	g			g	%DV	g	%DV	mg	%DV	mg	%DV	g	%DV	g	%DV						
Alderfer Ring	2 oz (56g)	180	80	9	14	3	15	40	13	600	25	2	1	0	0	1	8	0	2	2	6
Frey's Bologna	2 oz (56g)	150	120	13	21	5	26	30	10	520	22	1	0	0	0	0	7	0	0	4	4
Hatfield Garlic Ring	2 oz (56g)	120	70	8	12	25	13	35	12	490	20	3	1	0	0	1	9	0	2	0	6
Hatfield Ring	2 oz (56g)	110	80	9	14	3	15	35	12	480	20	2	1	0	0	1	8	0	0	0	6
Hofmann German	2 oz (56g)	180	140	16	25	5	25	35	11	560	23	3	1	0	0	1	6	0	0	0	2
Plainville Turkey Bologna	2 oz (56g)	90	50	5	8	0.5	3	45	15	460	19	2	1	1	0	0	8	0	0	6	6
Russer Beef	2 oz (56g)	180	140	15	23	7	35	30	10	600	25	3	1	0	0	2	6	0	0	0	6
Russer Garlic	2 oz (56g)	180	140	15	23	6	30	30	10	520	22	3	1	0	0	2	6	0	0	0	4
Russer Gourmet	2 oz (56g)	180	140	15.0	23	6	30	30	10	540	23	3	1	0	0	3	6	0	0	0	4
Russer Light	2 oz (56g)	120	70	8	12	3	15	30	10	400	17	3	1	0	0	2	8	0	0	0	4
S & W German	2 oz (56g)	140	110	12	19	5	27	35	12	360	15	1	0	0	0	0	7	0	0	2	4
S & W Lower Salt	2 oz (56g)	140	110	12	19	5	25	35	12	360	15	1	0	0	0	0	7	0	0	2	4
Sandwich Spread	2 oz (56g)	170	130	15	23	3	15	20	6	490	20	3	1	0	0	0	5	0	0	2	2
Seltzer's Beef Lebanon Bologna	2 oz (56g)	100	60	5	8	2	10	55	18	750	31	1	0	0	0	1	11	0	0	0	6
Seltzer's Lower Sodium Beef Lebanon Bologna	2 oz (56g)	110	45	5	8	2	10	30	10	510	21	2	1	0	0	2	11	0	0	0	6
Seltzer's Sweet Lebanon Bologna	2 oz (56g)	110	40	5	8	2	10	30	10	710	30	7	2	0	0	7	10	0	0	0	6

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	g			g	%DV	g	%DV	mg	%DV	mg	%DV	g	%DV	g	%DV	g	g	%DV	%DV	%DV	%DV
Smith's Pepper Loaf	2 oz (56g)	110	60	7	10	3.0	11	25	8	530	22	3	1	0	0	2	10	0	2	6	4
Smith's Regular & Garlic	2 oz (56g)	130	100	11	17	4	20	30	10	480	20	1	0	0	0	1	7	2	0	2	4
Smith's Ring - Regular & Garlic	2 oz (56g)	140	100	12	18	4	20	30	10	500	21	1	0	0	0	0	7	2	0	2	4
Thumann's Bologna	2 oz (56g)	150	120	13	21	5	25	28	9	470	19	1	0	0	0	<1	7	0	20	0	6
Wardynski's - All Types	2 oz (56g)	140	100	11	17	4	20	30	10	420	17	2	0	0	0	1	7	0	0	2	2
Wegmans Bologna	2 oz (56g)	120	70	8	12	3	15	30	10	400	17	3	1	0	0	2	8	0	0	0	4
Wunderbar German- Russer	2 oz (56g)	190	140	16	25	6	30	20	7	600	25	5	2	0	0	4	6	0	0	4	2
Zweigles Beef	2 oz (56g)	180	140	16	24	6	30	30	10	570	20	2	0	0	0	2	7	0	0	4	8
Zweigles Lite Bologna	2 oz (56g)	160	100	12	18	4	22	40	12	380	14	2	0	0	0	2	6	0	4	0	4
Smith's Bologna	2 oz (55g)	130	100	11	17	4	20	30	10	480	20	1	0	0	0	1	7	2	0	2	4
Shelly Bologna	2 oz (56g)	130	70	8	13	3	13	30	10	380	16	4	1	0	0	2	8	0	0	2	2
Thumann's Bologna	2 oz (56g)	150	120	13	21	5	25	28	9	470	19	1	0	0	0	0	7	0	20	0	6

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