



FEATURES **SPRING-SUMMER 2021**



macgregors
meat & seafood ltd.

FULLY COOKED CERTIFIED ANGUS BEEF®

BRISKET in BBQ SAUCE

Slow cooked in our Texas Style BBQ Sauce, this brisket is fully cooked, fork tender and ready to enjoy!

Slice it on a bun, top-it on an ultimate poutine, or showcase -it on an amazing BBQ platter with cornbread, slaw and beans!

Product Code: 92592 Price: \$60.00

Packaged: 5 Briskets per case - 500gr (1.10lbs) each



CERTIFIED ANGUS BEEF® TOP SIRLOIN ROAST

Tender and oh soooo flavourful!

Roast ready, restaurant quality and perfect for your favourite recipes. This versatile roast is cut from the top sirloin.

Can you say...delicious!! Certified Angus Beef® Spice Tin included or add your own seasoning of choice.

Product Code: 14222 Price: \$59.00

Packaged: 2 Roasts per case-907gr (2lbs) each



CANADIAN LOBSTER TAILS

Wild caught from the shallow coastal waters of the North Atlantic, cold water lobster is considered the world's finest, heralded for its firm texture, tender bite, and sweet, succulent meat. Lobster Tails need little else—other than a dunk in some clarified butter and a squeeze of fresh lemon—to provide one with the ultimate eating experience.

Product Code: 80032 Price: \$50.00

Packaged: 4 lobster tails x approx 4-5 oz ea



CHICKEN SOUVLAKI- *RAW*

OPA!!

Like Kabobs the word “Souvlaki” simply means “meat on skewers”. These tender chicken skewers are made with breast meat and marinated in a mediterranean seasoning. Top them with Tzatziki sauce, over a bed of rice, in a warm pita or on your favourite salad. Ready for the grill.

Product Code: 65632 Price: \$22.00

Packaged: 15 Skewers x 65 gr (2.5 oz) each

OLD FASHIONED HARDWOOD “SMOKIES”

These traditional naturally hardwood smoked and fully cooked sausages are sure to be the star of your next get together. Simply grill them on your BBQ or use them in your favorite sausage and peppers recipe for a delicious meal the whole family will love. Fully cooked and ready to warm and serve for a great afternoon snack.

Product Code: 96012 Price: \$52.00

Packaged: 28 sausages x 5 oz



BEEF ITEMS



CERTIFIED ANGUS BEEF® CHUCK PATTY

What craft burgers are made of. Literally! Certified Angus Beef® set the standards that have become the true mark of quality of the Angus Breed.

Product Code: 46102 Price: \$57.00
Packaged: 20 x 7oz



CERTIFIED ANGUS BEEF® TOP SIRLOIN STEAK

A versatile steak that is cut from the top sirloin. Lean, juicy and tender, it boasts great flavour.

Product Code: 14662 Price: \$84.00
Packaged: 2 pieces per pack | 16 steaks x 6 oz



CERTIFIED ANGUS BEEF® STRIPLOIN STEAK

This premium steak is a steakhouse classic, known for its robust marbling, tenderness and flavour.

Product Code: 14382 Price: \$110.00
Packaged: 2 pieces per pack | 10 steaks x 10 oz



BACON WRAPPED TENDERLOIN STEAK

The most tender beef cut. Lean yet succulent and elegant and wrapped in bacon! Say no more.

Product Code: 14962 Price: \$68.00
Packaged: 20 steaks x 4 oz ea | 4.98 lb Case



NIMAN RANCH® NATURAL GROUND BEEF

All natural means that animals are NEVER given antibiotics or artificial hormones. Ever! They're fed a 100% vegetarian diet and are all Certified Humane®.

Product Code: 46132 Price: \$48.00
Packaged: 6 x 500grs | 6.61 lb Case



For additional information please visit
www.northcountrymeatandseafood.com

BEEF ITEMS



STEAKHOUSE BURGER

Our Steakhouse Burger has been a mainstay in restaurants for years for one reason - it's an old school great burger.

2 SIZES AVAILABLE

Product Code: 40002 Price: \$48.00

Packaged: 24 x 6oz

Product Code: 46342 Price \$52.00

Packaged: 40 x 4oz

SLOW COOKED BEEF POT ROAST

You can't take shortcuts when making this tender, delicious pot roast. We perfectly season Certified Angus Beef® Chuck Roast and then cook for a long, long, long time for the perfect comfort meal.

Product Code: 92042 Price: \$83.00 Packaged:
8 x 575 gr Roasts



ITALIAN STYLE COOKED MEATBALLS

The perfect meatball!
Whether for a cocktail party, or with pasta, we bet you can't just eat one!

Product Code: 90052 Price: \$44.00

Packaged: 2 x 4.96 lb bags

ALL BEEF HOT DOGS

Classic Ball-Park style jumbo hot dogs. Whether you are just the ketchup & mustard kind, or guacamole, tomatoes and jalapenos is your thing, this is the dog that can do it all.

Product Code: 64222 Price: \$35.00

Packaged: 30 hot dogs x 3.2 oz



For additional information please visit
www.northcountrymeatandseafood.com

CHICKEN ITEMS



**FEATURE
PRICE**



"JUST CHICKEN" BNLS/SKNLS CHICKEN BREAST IVP (Individually Vacuum Packed)

Chicken Dinner! With just one ingredient-chicken breast-you can let your inner culinary adventurer journey to parts unknown. 100% additive free-no added water or salt.

Product Code: 77162 Price: \$78.00

Packaged: 6-8 oz portions | 8.81 lb box

BREADED CHICKEN FINGERS **par-cooked

Dare we say these fingers are famous? These are the same fingers found in some great restaurants and pubs. Hugely popular for a reason.

Product Code: 71025 Price: \$58.00

Packaged: 2 x 4.4 lb bags



FULLY COOKED CHICKEN WINGS

Move over breaded grocery store chicken wings! Our new fully cooked chicken wings cook up nice and crispy, without the breading. Simply marinated and fully cooked with no gimmicks-just add your favourite wing sauce for a pub worthy wing experience from home, either out of the oven or hot off the grill.

Product Code: 92872 Price: \$49.00

Packaged: 2 x 3 lb bags

SEAFOOD ITEMS



SMOKEY MAPLE & PEPPER BACON WRAPPED SALMON

We season Jail Island® Salmon with a great smokey maple pepper rub, then wrap it in bacon! So you can be a dinner hero.

Product Code: 88602

Price: \$48.00

Packaged: 10 portions x 5 oz



JAIL ISLAND® ATLANTIC SALMON PORTIONS

Canadian through and through. Raised in the Bay of Fundy, Jail Island® Atlantic Salmon always delivers exceptional flavour and buttery texture for a taste that's close to home..

Product Code: 88661 Price: \$90.00

Packaged: 20 Portions x 5 oz



**FEATURE
PRICE**



BUTTERFLY GARLIC SHRIMP

Butterflied, Shell-On and dressed to impress with a garlic & herb marinade - ready for the grill!

Product Code: 81272 Price: \$30.00

Packaged: approx. 36 shrimp | 2 lb bag

For additional information please visit
www.northcountrymeatandseafood.com

PORK ITEMS



SMOKED & SLOW COOKED PORK BACK RIBS in BBQ SAUCE

We don't care if you are the person who tells the best jokes or are the best dancer. The most popular person at a party will always be the one who brought the ribs.

Product Code: 92862 Price: \$55.00

Packaged: 6 x 21 oz full racks



NIMAN RANCH® PORK RIB CHOP

Niman Ranch® all-natural pork comes from humanely raised hogs on small independent family farms committed to sustainable farming. Never given hormones or antibiotics-EVER!

Product Code: 61962 Price: \$66.00

Packaged: Individually packed | 10 Pork Chops x 8 oz

THICK CUT PEAMEAL BACON

Studies show making a peameal on a bun with our thick-cut peameal bacon will make you significantly happier. You can't argue with science.

Product Code: 60062 Price: \$48.00

Packaged: 8 pieces per package | 6 x 500 gr packages



THICK CUT CANADIAN SLICED BACON

Take your home-cooked breakfasts to the next level of deliciousness with our thick cut sliced bacon.

Product Code: 60022 Price: \$52.00

Packaged: 6 packs x 500 gr

For additional information please visit
www.northcountrymeatandseafood.com

NUTRITIONALS

CAB BRISKET IN BBQ SAUCE | Product Code #92592

Beef, BBQ Sauce: (water, sugars [sugar, brown sugar, blackstrap molasses], tomato paste, vinegar, salt, cayenne pepper sauce [cayenne red peppers, vinegar, water, salt, garlic powder], modified corn starch, worcestershire sauce [vinegar, molasses, corn syrup, water, salt, caramel, garlic powder, sugar, spices, tamarind, natural flavour, sulphites], spices and spice extracts [contains mustard], natural flavour, concentrated lime juice, caramel, dehydrated garlic, chili pepper seeds, sodium benzoate, dehydrated onion, xanthan gum).

Contains: Mustard, Sulphites

Nutrition Facts Valeur nutritive	% DV* / % VQ*		% DV* / % VQ*	
	Per 1/4 brisket (140 g) pour 1/4 de pointe de poitrine (140 g)	Fat / Lipides 14 g	19 %	Protein / Protéines 20 g
Calories 240	Saturated / saturés 5 g	27 %	Cholesterol / Cholestérol 70 mg	
	+ Trans / trans 0.4 g		Sodium 490 mg	21 %
	Carbohydrate / Glucides 10 g		Potassium 400 mg	9 %
	Fibre / Fibres 1 g	4 %	Calcium 20 mg	2 %
	Sugars / Sucres 9 g	9 %	Iron / Fer 2 mg	11 %
	*5% or less is a little, 15% or more is a lot / *5% ou moins c'est peu, 15% ou plus c'est beaucoup			

FULLY COOKED CHICKEN WINGS | Product Code #92872

Chicken, Water, Salt, Spices, Onion Powder, Chicken Broth, Garlic Powder, Flavour, Canola Oil.

Nutrition Facts Valeur nutritive	% DV* / % VQ*		% DV* / % VQ*	
	Per about 4 wings (100 g) edible portion	Fat / Lipides 21 g	28 %	Protein / Protéines 28 g
pour environ 4 ailes (100 g) de portion comestible)	Saturated / saturés 6 g	31 %	Cholesterol / Cholestérol 180 mg	
	+ Trans / trans 0.1 g		Sodium 510 mg	22 %
Calories 310	Carbohydrate / Glucides 1 g		Potassium 300 mg	6 %
	Fibre / Fibres 0 g	0 %	Calcium 20 mg	2 %
	Sugars / Sucres 0 g	0 %	Iron / Fer 0.75 mg	4 %
	*5% or less is a little, 15% or more is a lot / *5% ou moins c'est peu, 15% ou plus c'est beaucoup			

CHICKEN SOUVLAKI | Product Code #65632

Chicken Breast, Water, Canola Oil, Flavour (corn starch, dehydrated turkey broth, dextrose, spice extracts), corn syrup solids, sodium phosphates, cooking wine (salt, contains sulphites). Onion Powder, sea salt, lemon juice from concentrate, oranges, sweet paprika powder, garlic powder, spice.

Contains: Sulphites

Nutrition Facts Valeur nutritive	% DV* / % VQ*		% DV* / % VQ*	
	Serving Size (65 g) Portion (65 g)	Fat / Lipides 5 g	7 %	Protein / Protéines 10 g
Calories 100	Saturated / saturés 0.5 g	3 %	Cholesterol / Cholestérol 25 mg	
	+ Trans / trans 0 g		Sodium 270 mg	12 %
	Carbohydrate / Glucides 2 g		Potassium 125 mg	3 %
	Fibre / Fibres 0 g	0 %	Calcium 10 mg	1 %
	Sugars / Sucres 0 g	0 %	Iron / Fer 0.5 mg	3 %
	*5% or less is a little, 15% or more is a lot / *5% ou moins c'est peu, 15% ou plus c'est beaucoup			

OLD FASHION HARDWOOD SMOKIE SAUSAGE | Product Code #96012

Pork, Water, Salt, Potato Starch, Vinegar, Spices, Sodium Phosphate, Sugars, Sodium Erythorbate, Sodium Nitrite, Natural Smoke.

Nutrition Facts Valeur nutritive	% DV* / % VQ*		% DV* / % VQ*	
	Per 1 portion (160 g) pour 1 portion (160 g)	Fat / Lipides 20 g	27 %	Protein / Protéines 25 g
Calories 300	Saturated / saturés 9 g	45 %	Cholesterol / Cholestérol 45 mg	
	+ Trans / trans 0 g		Sodium 940 mg	41 %
	Carbohydrate / Glucides 4 g		Potassium 600 mg	13 %
	Fibre / Fibres 0 g	0 %	Calcium 30 mg	2 %
	Sugars / Sucres 1 g	1 %	Iron / Fer 1 mg	6 %
	*5% or less is a little, 15% or more is a lot / *5% ou moins c'est peu, 15% ou plus c'est beaucoup			

NUTRITIONALS

CERTIFIED ANGUS BEEF® CHUCK BURGER | Product Code #46102

Beef, Water, Salt.

Nutrition Facts Valeur nutritive	Amount / Teneur	% DV / % VQ	Amount / Teneur	% DV / % VQ
	Serving Size 1 burger (200 g) Portion 1 burger (200 g) Calories / Calories 450 * DV = Daily Value / VQ = valeur quotidienne	Fat / Lipides 33 g	51 %	Carbohydrate / Glucides 0 g
	Saturated / saturés 14 g + Trans / trans 0.5 g	73 %	Fibre / Fibres 0 g	0 %
	Cholesterol / Cholestérol 130 mg		Protein / Protéines 35 g	
	Sodium / Sodium 330 mg	14 %	Vitamin C / Vitamine C	0 %
	Vitamin A / Vitamine A	0 %	Iron / Fer	25 %
	Calcium / Calcium	2 %		

BACON WRAPPED TENDERLOIN STEAK | PRODUCT CODE #14962

Beef, Bacon: Pork, Water, Salt, Sugar, Sodium Phosphate, Sodium Erythorbate, Sodium Nitrite, Sodium Bicarbonate, Spices, Smoke.

Nutrition Facts Valeur nutritive	% DV / % VQ*		% DV / % VQ*	
	Per portion (100 g) par portion (100 g) Calories 100 * DV = Daily Value * VQ = valeur quotidienne	Fat / Lipides 1.5 g	2 %	Protein / Protéines 18 g
	Saturated / saturés 0.4 g + Trans / trans 0 g	2 %	Cholesterol / Cholestérol 5 mg	
	Carbohydrate / Glucides 4 g		Sodium 650 mg	28 %
	Fibre / Fibres 0 g	0 %	Potassium 400 mg	9 %
	Sugars / Sucres 2 g	2 %	Calcium 20 mg	2 %
			Iron / Fer 0.75 mg	4 %
	* 5% or less is a little, 15% or more is a lot / 5% ou moins c'est peu, 15% ou plus c'est beaucoup			

STEAKHOUSE BURGER | PRODUCT CODE #40002/46342

Beef, Water, Toasted Wheat Crumbs, Salt, Soy Protein, Spices & Spice Extracts, Onion, Sugar, Garlic, Flavour, Canola Oil. **Contains: Soy, Wheat, Mustard**

Nutrition Facts Valeur nutritive	% DV / % VQ*		% DV / % VQ*	
	Per 1 burger (170 g) pour 1 burger (170 g) Calories 430 * DV = Daily Value * VQ = valeur quotidienne	Fat / Lipides 33 g	44 %	Protein / Protéines 26 g
	Saturated / saturés 14 g + Trans / trans 0.4 g	70 %	Cholesterol / Cholestérol 120 mg	
	Carbohydrate / Glucides 5 g		Sodium 540 mg	23 %
	Fibre / Fibres 0 g	0 %	Potassium 400 mg	9 %
	Sugars / Sucres 1 g	1 %	Calcium 30 mg	2 %
			Iron / Fer 3.5 mg	19 %
	* 5% or less is a little, 15% or more is a lot / 5% ou moins c'est peu, 15% ou plus c'est beaucoup			

SLOW COOKED BEEF POT ROAST | PRODUCT CODE #92042

Boneless Beef Blade Roast, Water, Beef Juices, Dextrose, Salt, Modified Corn Starch, Hydrolyzed Corn, Soy and Wheat Proteins, Spices and Spice Extracts, Caramel Colour, Beef Flavour, (hydrolyzed whey and wheat protein), Hydrogenated Soybean and Canola Oils, Onion, Garlic, Sugar, Parsley, Modified Milk Ingredients, Xanthan Gum, Silicon Dioxide. **Contains: Milk, Soy, Wheat**

Nutrition Facts Valeur nutritive	% DV / % VQ*		% DV / % VQ*	
	Per 1/6 roast (150 g) pour 1/6 de rôti (150 g) Calories 260 * DV = Daily Value * VQ = valeur quotidienne	Fat / Lipides 16 g	21 %	Protein / Protéines 26 g
	Saturated / saturés 7 g + Trans / trans 0.5 g	40 %	Cholesterol / Cholestérol 70 mg	
	Carbohydrate / Glucides 1 g		Sodium 530 mg	23 %
	Fibre / Fibres 0 g	0 %	Potassium 350 mg	7 %
	Sugars / Sucres 1 g	1 %	Calcium 10 mg	1 %
			Iron / Fer 2.5 mg	14 %
	* 5% or less is a little, 15% or more is a lot / 5% ou moins c'est peu, 15% ou plus c'est beaucoup			

NUTRITIONALS

ITALIAN STYLE COOKED MEATBALLS | PRODUCT CODE #90052

Beef, Water, Toasted Wheat Crumbs, Soy Protein, Salt, Sugar, Spices, Onion Powder, Garlic Powder. **Contains: Wheat, Soy**

Nutrition Facts		% DV / % VQ*	Nutrition Facts		% DV / % VQ*
Valeur nutritive			Valeur nutritive		
Per 7 meatballs (100 g) par 7 boulettes de viande (100 g)	Fat / Lipides 19 g	25 %	Protein / Protéines 16 g		
	Saturated / saturés 9 g		Cholesterol / Cholestérol 45 mg	15 %	
	+ Trans / trans 1 g	50 %	Sodium 450 mg		20 %
	Carbohydrate / Glucides 3 g		Potassium 250 mg		5 %
	Fibre / Fibres 2 g	7 %	Calcium 30 mg		2 %
Sugars / Sucres 0 g	0 %	Iron / Fer 2.25 mg		13 %	
Calories 250					
* DV = Daily Value			* 5% or less is a little, 15% or more is a lot / 5% ou moins c'est peu, 15% ou plus c'est beaucoup		
* VQ = valeur quotidienne					

BREADED CHICKEN FINGERS | PRODUCT CODE #71025 *PAR-COOKED

Chicken Breast Fillets, Water, Salt, Sodium Phosphate, Seasoning (Salt, Spice Extract, Polysorbate, Tricalcium Phosphate), in the breading (Toasted Wheat Crumbs with Spices, Wheat Flour, Spices, Dextrose, Garlic Powder, Modified Corn Starch, Yellow Corn Flour, Baking Powder, Vegetable Oil, Shortening (Soy and Cotton Seed) Defatted Soy Flour, Milk Ingredients, Dried Egg, White Powder, Guar Gum, Browned in Soybean and Canola Oil). **Contains: Wheat, Soy, Milk and Egg**

Nutrition Facts		% DV / % VQ*	Nutrition Facts		% DV / % VQ*
Valeur nutritive			Valeur nutritive		
Per 3 pieces (100 g) pour 3 morceaux (100 g)	Fat / Lipides 9 g	12 %	Protein / Protéines 11 g		
	Saturated / saturés 1.5 g		Cholesterol / Cholestérol 20 mg		
	+ Trans / trans 0 g	8 %	Sodium 540 mg		23 %
	Carbohydrate / Glucides 21 g		Potassium 350 mg		7 %
	Fibre / Fibres 1 g	4 %	Calcium 30 mg		2 %
Sugars / Sucres 2 g	2 %	Iron / Fer 1.5 mg		8 %	
Calories 200					
* DV = Daily Value			* 5% or less is a little, 15% or more is a lot / 5% ou moins c'est peu, 15% ou plus c'est beaucoup		
* VQ = valeur quotidienne					

SMOKEY MAPLE BACON WRAPPED SALMON | Product Code #88602

Ingredients: Salmon, Bacon (pork, water, salt, sugar, sodium erythorbate, sodium phosphate, spices, sodium nitrite, smoke), Sugars (maple sugar, brown sugar), salt, dehydrated red bell pepper, smoke flavour, spice, caramel, flavour. **Contains: ish sal on**

Nutrition Facts		Amount / Teneur	% DV / % VQ	Nutrition Facts		Amount / Teneur	% DV / % VQ
Valeur nutritive				Valeur nutritive			
Serving Size 1 fillet (142 g) Portion 1 fillet (142 g)	Calories / Calories 360	Fat / Lipides 27 g	42 %	Potassium / Potassium 420 mg		12 %	
		Saturated / saturés 8 g		Carbohydrate / Glucides 2 g		1 %	
		+ Trans / trans 0 g	40 %	Fibre / Fibres 0 g		0 %	
		Cholesterol / Cholestérol 80 mg		Sugars / Sucres 2 g			
		Sodium / Sodium 630 mg	26 %	Protein / Protéines 26 g			
		Vitamin A / Vitamine A	2 %	Vitamin C / Vitamine C		0 %	
		Calcium / Calcium	2 %	Iron / Fer		4 %	
* DV = Daily Value / VQ = valeur quotidienne							

NUTRITIONALS

BUTTERFLY GARLIC SHRIMP | PRODUCT CODE #81272

Shrimp, Water, Garlic, Maltodextrin, Modified Corn Starch, Natural Lemon Flavor, Salt, Sugar, Spices, Xanthan Gum, Corn Syrup, Yeast Extract, Silicon Dioxide, Citric Acid, Sodium Tripolyphosphate (for moisture retention).

Nutrition Facts		% DV / % VQ*	Nutrition Facts		% DV / % VQ*
Valeur nutritive			Valeur nutritive		
Per 4 shrimp (125 g) pour 4 crevette (125 g)	Fat / Lipides 0.5 g	1 %	Protein / Protéines 18 g		
	Saturated / saturés 0.2 g + Trans / trans 0 g	1 %	Cholesterol / Cholestérol 145 mg		
Calories 80	Carbohydrate / Glucides 2 g		Sodium 490 mg	21 %	
	Fibre / Fibres 1 g	4 %	Potassium 125 mg	3 %	
	Sugars / Sucres 0 g	0 %	Calcium 200 mg	15 %	
			Iron / Fer 0 mg	0 %	
* 5% or less is a little, 15% or more is a lot / 5% ou moins c'est peu, 15% ou plus c'est beaucoup					

SMOKED & COOKED PORK BACK RIBS IN BBQ SAUCE | PRODUCT CODE

Pork, Sugar/Glucose-Fructose, Tomato Paste, Cayenne Pepper Sauce (cayenne red peppers, vinegar, water, salt, garlic powder), Vinegar, Modified Corn Starch, Water, Concentrated Pineapple Juice, Spice Extracts (contains mustard), Salt, Refiners' Molasses, Natural Smoke Flavour, Caramel Colour, Tamarind, Sodium Benzoate, Garlic Powder, Onion Powder, Smoke. **Contains: Soy, Mustard**

Nutrition Facts		% DV / % VQ*	Nutrition Facts		% DV / % VQ*
Valeur nutritive			Valeur nutritive		
Per 1/3 rack (140g edible portion) pour 1/3 carré (partie comestible de 140 g)	Fat / Lipides 18 g	24 %	Protein / Protéines 21 g		
	Saturated / saturés 7 g + Trans / trans 0.1 g	35 %	Cholesterol / Cholestérol 70 mg	23 %	
Calories 320	Carbohydrate / Glucides 18 g		Sodium 340 mg	15 %	
	Fibre / Fibres 0 g	0 %	Potassium 350 mg	7 %	
	Sugars / Sucres 17 g	17 %	Calcium 30 mg	2 %	
			Iron / Fer 1.25 mg	7 %	
* 5% or less is a little, 15% or more is a lot / 5% ou moins c'est peu, 15% ou plus c'est beaucoup					

ALL BEEF JUMBO HOT DOGS | PRODUCT CODE #64222

Ingredients: beef, water, wheat flour, salt, ground spices, corn flour, sodium erythorbate, toasted wheat crumbs, sodium nitrate, smoke

Nutrition Facts		% DV / % VQ*	Nutrition Facts		% DV / % VQ*
Valeur nutritive			Valeur nutritive		
Per 1 frankfurter (100 g) pour 1 saucisse fumée (100 g)	Fat / Lipides 11 g	15 %	Protein / Protéines 10 g		
	Saturated / saturés 3 g + Trans / trans 0.1 g	15 %	Cholesterol / Cholestérol 30 mg		
Calories 150	Carbohydrate / Glucides 2 g		Sodium 760 mg	33 %	
	Fibre / Fibres 1 g	4 %	Potassium 175 mg	4 %	
	Sugars / Sucres 1 g	1 %	Calcium 40 mg	3 %	
			Iron / Fer 1.5 mg	8 %	
* 5% or less is a little, 15% or more is a lot / 5% ou moins c'est peu, 15% ou plus c'est beaucoup					

NUTRITIONALS

THICK CUT PEAMEAL BACON | PRODUCT CODE #60062

Pork, Water, Cornmeal, Salt, Sugar, Sodium Phosphate, Sodium Ascorbate, Sodium Bicarbonate, Sodium Nitrite, Polysorbate 80, Spice. **Contains: Cornmeal**

Nutrition Facts		% DV / % VQ*			% DV / % VQ*
Valeur nutritive	Fat / Lipides 1.5 g	2 %	Protein / Protéines 18 g		
	Saturated / saturés 0.4 g	2 %	Cholesterol / Cholestérol 5 mg		
Per portion (100 g) par portion (100 g)	+ Trans / trans 0 g		Sodium 650 mg		28 %
Calories 100	Carbohydrate / Glucides 4 g		Potassium 400 mg		9 %
	Fibre / Fibres 0 g	0 %	Calcium 20 mg		2 %
	Sugars / Sucres 2 g	2 %	Iron / Fer 0.75 mg		4 %
* 5% or less is a little, 15% or more is a lot / 5% ou moins c'est peu, 15% ou plus c'est beaucoup					

THICK CUT CANADIAN SLICED BACON | Product Code #60022

Pork, water, salt, sugar, sodium phosphate, sodium erythorbate, sodium nitrite, sodium bicarbonate, spices, smoke.

Nutrition Facts	Amount / Teneur	% DV / % VQ	Amount / Teneur	% DV / % VQ
	Valeur nutritive	Fat / Lipides 8 g	12 %	Carbohydrate / Glucides 0 g
Saturated / saturés 7 g		36 %	Fibre / Fibres 0 g	0 %
Per 2 slices (56 g) par 2 tranches (56 g)	+ Trans / trans 0.1 g		Sugars / Sucres 0 g	
Calories / Calories 190	Cholesterol / Cholestérol 30 mg		Protein / Protéines 8 g	
	Sodium / Sodium 470 mg	20 %		
	Vitamin A / Vitamine A	0 %	Vitamin C / Vitamine C	0 %
* DV = Daily Value / VQ = valeur quotidienne			Iron / Fer	4 %