

# La Quercia Bacon

5/20/2011

## Nutrition Facts

Serving Size 1 oz (28g)

Servings Per Container Varied

Amount Per Serving

**Calories 170** Calories from Fat 160

% Daily Value\*

**Total Fat 17g** 27%

**Saturated Fat 6g** 32%

**Cholesterol 25mg** 8%

**Sodium 340mg** 14%

**Total Carbohydrate 0g** 0%

**Dietary Fiber 0g** 0%

**Sugars 0g**

**Protein 4g**

**Vitamin A 0%** • **Vitamin C 0%**

**Calcium 0%** • **Iron 2%**

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories: 2,000 2,500

**Total Fat** Less than 65g 80g

**Saturated Fat** Less than 20g 25g

**Cholesterol** Less than 300mg 300mg

**Sodium** Less than 2,400mg 2,400mg

**Total Carbohydrate** 300g 375g

**Dietary Fiber** 25g 30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

*Varied weight package*

# La Quercia Bacon

5/20/2011

## Nutrition Facts

Serving Size 1 oz (28g)  
Servings Per Container 3

Amount Per Serving

Calories 170 Calories from Fat 160

% Daily Value\*

Total Fat	17g	27%
Saturated Fat	6g	32%
Cholesterol	25mg	8%
Sodium	340mg	14%
Total Carbohydrate	0g	0%
Dietary Fiber	0g	0%
Sugars	0g	

Protein 4g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 2%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

3 oz Package

# La Quercia Bacon

May 20, 2011

**Total Weight:** 45319.18 g (1598.56 oz-wt.)  
**Serving Size:** 28.35 g (1.00 oz-wt.)  
**Serves:** 1226.29  
**Cost:** --  
**Yields:** Moisture target: 23% Fat loss: 9%

Amount for 1226.29 servings	Food Item	Amount for 1 serving	Cost	ESHA Code	Foodlist % Wgt
97.6 lb	Pork Belly-Raw	0.07959 lb	--	12140	97.69%
2.1 lb	Sea Salt	0.00171 lb	--	26273	2.10%
0.1 lb	White Pepper	0.00008 lb	--	26037	0.10%
0.03 lb	Black Pepper	0.00002 lb	--	26016	0.03%
0.05 lb	Dried Juniper Berry AHP	0.00004 lb	--	35078	0.05%
0.03 lb	Dried Whole Bay Leaves FOR	0.00002 lb	--	26055	0.03%

### Nutrients per Serving

Calories	174.88	Fat - Total	17.42 g
Protein	4.16 g	Saturated Fat	6.35 g
Carbohydrates	0.05 g	Vitamin A RE	1.19 mcg
Dietary Fiber	0.02 g	Vitamin C	0.12 mg
Cholesterol	23.65 mg	Sodium	336.64 mg
% Calories from fat	90 %	% Calories from carbs	0 %

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 Yields: Moisture target: 23% Fat loss: 9%

Nutrient	Amount Per 100g	Amount Per Serving	Original Value Per Serving	Per Serving
<b>Basic Components</b>				
Calories	616.87	174.88	171.76	
Calories from Fat	552.95	156.76		
Calories from Saturated Fat	201.64	57.16		
Protein	14.67 g	4.16 g	3.38	
Carbohydrates	0.19 g	0.05 g		
Dietary Fiber	0.05 g	0.02 g		
Soluble Fiber	0 g	0 g		
InSoluble Fiber	0 g	0 g		
Sugar - Total	0 g	0 g		
Monosaccharides	0 g	0 g		
Galactose	0 g	0 g		
Glucose	0 g	0 g		
Fructose	0 g	0 g		
Disaccharides	0 g	0 g		
Lactose	0 g	0 g		
Sucrose	0 g	0 g		
Maltose	0 g	0 g		
Other Carbs	0 g	0 g		
Fat - Total	61.44 g	17.42 g		
Saturated Fat	22.40 g	6.35 g		
Mono Fat	28.62 g	8.11 g		
Poly Fat	6.55 g	1.86 g		
Trans Fatty Acids	0 g	0 g		
Cholesterol	83.44 mg	23.65 mg		
Water	22.53 g	6.39 g		
Ash	3.37 g	0.95 g		
KiloJoules	2534.89	718.64		
<b>Vitamins</b>				
Vitamin A IU	16.46 IU	4.67 IU		
Vitamin A RAE	4.01 mcg	1.14 mcg		
Vitamin A RE	4.19 mcg	1.19 mcg		
A - Carotenoid	0.37 RE	0.11 RE		
A - Retinol	3.82 RE	1.08 RE		
A - Beta Carotene	1.50 mcg	0.42 mcg		
Thiamin-B1	0.50 mg	0.14 mg		
Riboflavin-B2	0.31 mg	0.09 mg		
Niacin-B3	5.92 mg	1.68 mg		
Niacin Equiv.	5.92 mg	1.68 mg		
Vitamin-B6	0.17 mg	0.05 mg		
Vitamin-B12	1.07 mcg	0.30 mcg		
Biotin	0 mcg	0 mcg		
Vitamin C	0.44 mg	0.12 mg		
Vitamin D IU	0 IU	0 IU		
Vitamin D mcg	0 mcg	0 mcg		
Vit E Alpha-Tocopherol	0.50 mg	0.14 mg		
Vit E-Alpha Equiv.	0.50 mg	0.14 mg		
Vitamin E IU	0.74 IU	0.21 IU		
Vitamin E mg	0.50 mg	0.14 mg		
Folate	1.29 mcg	0.37 mcg		

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 Yields: Moisture target: 23% Fat loss: 9%

Nutrient	Amount		Original Value Per Serving
	Per 100g	Per Serving	
Folate DFE	1.29 mcg	0.37 mcg	
Vitamin K	0 mcg	0 mcg	
Pantothenic Acid	0.33 mg	0.09 mg	
<b>Minerals</b>			
Boron	-- mcg	-- mcg	
Calcium	8.79 mg	2.49 mg	
Chloride	1664.53 mg	471.90 mg	
Chromium	0.02 mcg	0.01 mcg	
Copper	0.07 mg	0.02 mg	
Fluoride	-- mg	-- mg	
Iodine	-- mcg	-- mcg	
Iron	0.72 mg	0.20 mg	
Magnesium	5.45 mg	1.55 mg	
Manganese	0.02 mg	0.01 mg	
Molybdenum	-- mcg	-- mcg	
Phosphorus	137.83 mg	39.07 mg	
Potassium	236.87 mg	67.15 mg	
Selenium	10.28 mcg	2.91 mcg	
Sodium	1187.46 mg	336.64 mg	
Zinc	1.30 mg	0.37 mg	
<b>Saturated Fats</b>			
4:0-Butyric	0 g	0 g	
6:0-Caproic	0 g	0 g	
8:0-Caprylic	0 g	0 g	
10:0-Capric	0.05 g	0.01 g	
12:0-Lauric	0.07 g	0.02 g	
14:0-Myristic	0.81 g	0.23 g	
15:0-Pentadecanoic	0 g	0 g	
16:0-Palmitic	13.81 g	3.92 g	
17:0-Margaric	0 g	0 g	
18:0-Stearic	7.52 g	2.13 g	
20:0-Arachidic	0 g	0 g	
22:0-Behenate	0 g	0 g	
24:0-Lignoceric	0 g	0 g	
<b>Mono Fats</b>			
14:1-Myristol	0 g	0 g	
15:1-Pentadecenoic	0 g	0 g	
16:1-Palmitol	1.74 g	0.49 g	
17:1-Heptadecenoic	0 g	0 g	
18:1-Oleic	26.39 g	7.48 g	
20:1-Eicosen	0.50 g	0.14 g	
22:1-Erucic	0 g	0 g	
24:1-Nervonic	0 g	0 g	
<b>Poly Fats</b>			
18:2-Linoleic	5.83 g	1.65 g	
18:3-Linolenic	0.56 g	0.16 g	
18:4-Stearidon	0 g	0 g	
20:3-Eicosatrienoic	0 g	0 g	
20:4-Arachidon	0.16 g	0.05 g	
20:5-EPA	0 g	0 g	

# La Quercia Bacon

May 20, 2011

Total Weight: 45319.18 g (1598.56 oz-wt.)  
 Serving Size: 28.35 g (1.00 oz-wt.)  
 Serves: 1226.29  
 Cost: --  
 Yields: Moisture target: 23% Fat loss: 9%

	Amount Per 100g	Amount Per Serving	Original Value Per Serving
<b>Nutrient</b>			<b>Per Serving</b>
22:5-DPA	0 g	0 g	
22:6-DHA	0 g	0 g	
<b>Other Fats</b>			
Omega 3 Fatty Acids	0.56 g	0.16 g	
Omega 6 Fatty Acids	5.99 g	1.70 g	
<b>Amino Acids</b>			
Alanine	0 g	0 g	
Arginine	0 g	0 g	
Aspartate	0 g	0 g	
Cystine	0 g	0 g	
Glutamate	0 g	0 g	
Glycine	0 g	0 g	
Histidine	0 g	0 g	
Isoleucine	0 g	0 g	
Leucine	0 g	0 g	
Lysine	0 g	0 g	
Methionine	0 g	0 g	
Phenylalanine	0 g	0 g	
Proline	0 g	0 g	
Serine	0 g	0 g	
Threonine	0 g	0 g	
Tryptophan	0 g	0 g	
Tyrosine	0 g	0 g	
Valine	0 g	0 g	
<b>Other</b>			
Alcohol	0 g	0 g	
Caffeine	0 mg	0 mg	
Artif Sweetener - Total	0 mg	0 mg	
Aspartame	0 mg	0 mg	
Saccharin	0 mg	0 mg	
Sugar Alcohol	0 g	0 g	
Glycerol	0 g	0 g	
Inositol	0 g	0 g	
Mannitol	0 g	0 g	
Sorbitol	0 g	0 g	
Xylitol	0 g	0 g	
Organic Acids	0 mg	0 mg	
Acetic Acid	0 mg	0 mg	
Citric Acid	0 mg	0 mg	
Lactic Acid	0 mg	0 mg	
Malic Acid	0 mg	0 mg	
Choline	0 mg	0 mg	
Taurine	-- mg	-- mg	

**La Quercia Tamworth Lonza**  
5/19/2011

<b>Nutrition Facts</b>	
Serving Size 1 oz (28g)	
Servings Per Container Varied	
<b>Amount Per Serving</b>	
<b>Calories 80</b>	<b>Calories from Fat 35</b>
<b>% Daily Value*</b>	
<b>Total Fat 4g</b>	<b>6%</b>
Saturated Fat 1.5g	7%
<b>Cholesterol 15mg</b>	<b>5%</b>
<b>Sodium 420mg</b>	<b>17%</b>
<b>Total Carbohydrate 0g</b>	<b>0%</b>
Dietary Fiber 0g	0%
Sugars 0g	
<b>Protein 10g</b>	
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

*Varied weight Package*

# La Quercia Tamworth Lonza

5/19/2011

## Nutrition Facts

Serving Size 1 oz (28g)

Servings Per Container 3

Amount Per Serving

Calories 80    Calories from Fat 35

% Daily Value\*

Total Fat 4g                      6%

Saturated Fat 1.5g                7%

Cholesterol 15mg                5%

Sodium 420mg                    17%

Total Carbohydrate 0g           0%

Dietary Fiber 0g                 0%

Sugars 0g

Protein 10g

Vitamin A 0%    •    Vitamin C 0%

Calcium 0%    •    Iron 2%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories: 2,000    2,500

Total Fat    Less than 65g    80g

Saturated Fat    Less than 20g    25g

Cholesterol    Less than 300mg    300mg

Sodium    Less than 2,400mg    2,400mg

Total Carbohydrate    300g    375g

Dietary Fiber    25g    30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

3oz package



# La Quercia Tamworth Lonza

May 19, 2011

Total Weight: 102.25 g (3.61 oz-wt.)  
 Serving Size: 28.35 g (1.00 oz-wt.)  
 Serves: 1.90  
 Cost: --  
 Yields: Moisture target: 46% Fat loss: 49%

Amount for 1.89671 servings	Food Item	Amount for 1 serving	Cost	ESHA Code	Foodlist % Wgt
100 g	Pork Chop/Roast Center Rib Loin-Raw	52.7228 g	--	12260	97.80%
1.8 g	Sea Salt	0.94901 g	--	26273	1.76%
0.1 g	Ground Fennel Seed AST	0.05272 g	--	26506	0.10%
0.2 g	Dried Ground Cayenne Pepper	0.10545 g	--	82043	0.20%
0.05 g	Dried Rosemary	0.02636 g	--	26030	0.05%
0.1 g	Black Pepper	0.05272 g	--	26016	0.10%

### Nutrients per Serving

Calories	78.46	Fat - Total	3.80 g
Protein	10.27 g	Saturated Fat	1.32 g
Carbohydrates	0.13 g	Vitamin A RE	5.56 mcg
Dietary Fiber	0.07 g	Vitamin C	0.27 mg
Cholesterol	16.21 mg	Sodium	419.43 mg
% Calories from fat	45 %	% Calories from carbs	1 %

Total Weight: 102.25 g (3.61 oz-wt.)  
 Serving Size: 28.35 g (1.00 oz-wt.)  
 Serves: 1.90  
 Cost: --  
 Yields: Moisture target: 46% Fat loss: 49%

Per Serving

Nutrient	Amount Per 100g	Amount Per Serving	Original Value Per Serving
<b>Basic Components</b>			
Calories	276.75	78.46	79.47
Calories from Fat	120.74	34.23	
Calories from Saturated Fat	41.78	11.85	
Protein	36.22 g	10.27 g	10.52
Carbohydrates	0.47 g	0.13 g	
Dietary Fiber	0.26 g	0.07 g	
Soluble Fiber	0 g	0 g	
InSoluble Fiber	0 g	0 g	
Sugar - Total	0.04 g	0.01 g	
Monosaccharides	0 g	0 g	
Galactose	0 g	0 g	
Glucose	0 g	0 g	
Fructose	0 g	0 g	
Disaccharides	0 g	0 g	
Lactose	0 g	0 g	
Sucrose	0 g	0 g	
Maltose	0 g	0 g	
Other Carbs	0.07 g	0.02 g	
Fat - Total	13.42 g	3.80 g	
Saturated Fat	4.64 g	1.32 g	
Mono Fat	5.96 g	1.69 g	
Poly Fat	1.45 g	0.41 g	
Trans Fatty Acids	0 g	0 g	
Cholesterol	57.19 mg	16.21 mg	
Water	45.70 g	12.96 g	
Ash	5.05 g	1.43 g	
KiloJoules	1172.84	332.50	
<b>Vitamins</b>			
Vitamin A IU	170.02 IU	48.20 IU	
Vitamin A RAE	11.66 mcg	3.31 mcg	
Vitamin A RE	19.61 mcg	5.56 mcg	
A - Carotenoid	15.89 RE	4.50 RE	
A - Retinol	3.72 RE	1.05 RE	
A - Beta Carotene	81.95 mcg	23.23 mcg	
Thiamin-B1	1.45 mg	0.41 mg	
Riboflavin-B2	0.46 mg	0.13 mg	
Niacin-B3	8.66 mg	2.46 mg	
Niacin Equiv.	16.25 mg	4.61 mg	
Vitamin-B6	0.79 mg	0.22 mg	
Vitamin-B12	0.93 mcg	0.26 mcg	
Biotin	0 mcg	0 mcg	
Vitamin C	0.94 mg	0.27 mg	
Vitamin D IU	100.42 IU	28.47 IU	
Vitamin D mcg	2.60 mcg	0.74 mcg	
Vit E Alpha-Tocopherol	0.65 mg	0.18 mg	
Vit E-Alpha Equiv.	0.65 mg	0.18 mg	
Vitamin E IU	0.97 IU	0.28 IU	
Vitamin E mg	0.65 mg	0.18 mg	
Folate	11.86 mcg	3.36 mcg	

# La Quercia Tamworth Lonza

May 19, 2011

Total Weight: 102.25 g (3.61 oz-wt.)  
 Serving Size: 28.35 g (1.00 oz-wt.)  
 Serves: 1.90  
 Cost: --  
 Yields: Moisture target: 46% Fat loss: 49%

Nutrient	Amount Per 100g	Amount Per Serving	Original Value Per Serving	Per Serving
Folate DFE	11.86 mcg	3.36 mcg		
Vitamin K	0.30 mcg	0.08 mcg		
Pantothenic Acid	1.31 mg	0.37 mg		
<b>Minerals</b>				
Boron	-- mcg	-- mcg		
Calcium	15.27 mg	4.33 mg		
Chloride	2033.60 mg	576.52 mg		
Chromium	-- mcg	-- mcg		
Copper	0.11 mg	0.03 mg		
Fluoride	-- mg	-- mg		
Iodine	-- mcg	-- mcg		
Iron	1.48 mg	0.42 mg		
Magnesium	38.53 mg	10.92 mg		
Manganese	0.04 mg	0.01 mg		
Molybdenum	-- mcg	-- mcg		
Phosphorus	360.40 mg	102.17 mg		
Potassium	725.42 mg	205.66 mg		
Selenium	59.66 mcg	16.91 mcg		
Sodium	1479.48 mg	419.43 mg		
Zinc	2.93 mg	0.83 mg		
<b>Saturated Fats</b>				
4:0-Butyric	0 g	0 g		
6:0-Caproic	0 g	0 g		
8:0-Caprylic	0 g	0 g		
10:0-Capric	0.01 g	0.00 g		
12:0-Lauric	0.02 g	0.01 g		
14:0-Myristic	0.16 g	0.05 g		
15:0-Pentadecanoic	0.00 g	0.00 g		
16:0-Palmitic	2.90 g	0.82 g		
17:0-Margaric	0.00 g	0.00 g		
18:0-Stearic	1.51 g	0.43 g		
20:0-Arachidic	0.00 g	0.00 g		
22:0-Behenate	0.00 g	0.00 g		
24:0-Lignoceric	0.00 g	0.00 g		
<b>Mono Fats</b>				
14:1-Myristol	0.00 g	0.00 g		
15:1-Pentadecenoic	0 g	0 g		
16:1-Palmitol	0.38 g	0.11 g		
17:1-Heptadecenoic	0 g	0 g		
18:1-Oleic	5.47 g	1.55 g		
20:1-Eicosen	0.10 g	0.03 g		
22:1-Erucic	0 g	0 g		
24:1-Nervonic	0 g	0 g		
<b>Poly Fats</b>				
18:2-Linoleic	1.21 g	0.34 g		
18:3-Linolenic	0.10 g	0.03 g		
18:4-Stearidon	0 g	0 g		
20:3-Eicosatrienoic	0 g	0 g		
20:4-Arachidon	0.09 g	0.02 g		
20:5-EPA	0 g	0 g		

La Quercia Tamworth Lonza

May 19, 2011

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 Serves: 1.90  
 Cost: --  
 Yields: Moisture target: 46% Fat loss: 49%

Nutrient	Amount		Original Value Per Serving
	Per 100g	Per Serving	
22:5-DPA	0 g	0 g	
22:6-DHA	0 g	0 g	
<b>Other Fats</b>			
Omega 3 Fatty Acids	0.10 g	0.03 g	
Omega 6 Fatty Acids	1.29 g	0.37 g	
<b>Amino Acids</b>			
Alanine	2.17 g	0.62 g	
Arginine	2.34 g	0.66 g	
Aspartate	3.40 g	0.96 g	
Cystine	0.46 g	0.13 g	
Glutamate	5.70 g	1.61 g	
Glycine	1.93 g	0.55 g	
Histidine	1.44 g	0.41 g	
Isoleucine	1.70 g	0.48 g	
Leucine	2.95 g	0.84 g	
Lysine	3.31 g	0.94 g	
Methionine	0.96 g	0.27 g	
Phenylalanine	1.47 g	0.42 g	
Proline	1.58 g	0.45 g	
Serine	1.53 g	0.43 g	
Threonine	1.67 g	0.47 g	
Tryptophan	0.46 g	0.13 g	
Tyrosine	1.26 g	0.36 g	
Valine	1.99 g	0.57 g	
<b>Other</b>			
Alcohol	0 g	0 g	
Caffeine	0 mg	0 mg	
Artif Sweetener - Total	0 mg	0 mg	
Aspartame	0 mg	0 mg	
Saccharin	0 mg	0 mg	
Sugar Alcohol	0 g	0 g	
Glycerol	0 g	0 g	
Inositol	0 g	0 g	
Mannitol	0 g	0 g	
Sorbitol	0 g	0 g	
Xylitol	0 g	0 g	
Organic Acids	0 mg	0 mg	
Acetic Acid	0 mg	0 mg	
Citric Acid	0 mg	0 mg	
Lactic Acid	0 mg	0 mg	
Malic Acid	0 mg	0 mg	
Choline	0.19 mg	0.05 mg	
Taurine	-- mg	-- mg	