

Dierbergs Kitchen Nutrition Information - Entrées

Product Name * Denotes Seasonal Item	Serving Size (oz)	Allergens	Calories	Total Fat (g)	Sat Fat (g)	Trans fats (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Includes g added Sugar	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)	Gluten Free Ingrid.
Entrées																		
Bake-Hearty Sausage & Bacon Farmhouse	4 oz	Milk, Egg	240	18	8	0	180	750	6	0	<1	0	14	0	88	1	111	Y
Bake-Praline Pecan Berry French Toast	4 oz	Milk, Egg, Nut(Pecan), Soy Sesame Seed, Wheat	250	10	4	0	95	270	33	1	20	10	5	0	107	1	54	N
Bake-Strata- 4 Cheese Veggie	4 oz	Milk, Egg, Soy, Wheat, Sesame Seed	200	13	3.5	0	165	390	11	<1	2	0	10	0	56	1	91	N
Beef Brisket with Au Jus	4 oz	Soy, Wheat, Milk	190	11	3.5	0	60	370	3	0	3	1	19	0	7	2	310	N
Beef Brisket with BBQ Sauce	4 oz	Wheat, Soy	220	9	3	0	55	470	19	0	14	12	17	0	17	3	302	N
Beef Stew*	4 oz	Soy, Wheat	110	3.5	1	0	15	750	12	4	2	0	8	0	24	1	263	N
Beef Street Taco	1 ea	Milk,	190	7	3	0	35	560	17	1	1	0	14	0	130	1	240	Y
Burrito, Beef Supreme	1 sv	Wheat, Milk, Soy	750	38	18	0.5	100	1640	67	9	6	0	36	0	672	6	193	N
Burrito, Chicken	1 sv	Wheat, Milk, Soy	640	27	13	0	85	1490	65	8	5	0	36	0	570	4	144	N
Burrito, Mini Beef & Black Bean	1 ea	Wheat, Milk, Soy	160	8	3.5	0	20	350	16	<1	0	0	7	0	100	1	70	N
Burrito, Mini Chicken Breast	1 ea	Wheat, Milk, Soy	120	2.5	1	0	<5	310	20	<1	<1	0	5	0	42	2	80	N
Cabbage Rolls	1 ea	Wheat, Milk	330	16	4.5	0	40	1460	32	3	12	4	15	0	69	3	732	N
Chicken, Breaded Cutlet	1 ea	Wheat	290	13	2.5	0	90	420	12	0	2	0	32	0	8	0	535	N
Chicken, Colossal Breast, Joes	4 oz		90	1.5	0	0	55	500	0	0	1	0	20	0	0	1	0	Y
Chicken, Colossal Breast, Lemon	4 oz		90	1.5	0	0	55	470	0	0	1	0	20	0	0	1	0	Y
Chicken, Colossal Breast, Wine	4 oz		90	1.5	0	0	55	490	0	0	1	0	20	0	0	1	0	Y
Chicken, Cordon Bleu	1 ea	Wheat, Milk, Soy, Egg	450	28	8	0	160	1440	13	1	2	0	37	0	250	3	0	N
Chicken, Crab Stuffed	1 ea	Egg, Wheat, Milk, Fish(Pollock), Shellfish (Lobster, Crab)	380	23	8	0	125	1010	12	0	4	2	32	0	50	1	585	N
Chicken, Enchilada	4 oz	Wheat, Milk, Soy, Egg	270	15	7	0	55	630	17	1	2	0	18	0	224	1	65	N
Chicken, Grilled Breast	4 oz		140	2	0.5	0	95	810	1	0	1	0	29	0	20	1	0	Y
Chicken, Grilled Breast Lemon	4 oz	Wehat, Milk	130	2	0	0	80	980	5	0	4	0	24	0	16	1	0	N
Chicken, Just Bare, Joes	4 oz		210	15	4.5	0	150	90	0	0	0	0	19	0	21	0	4	Y
Chicken, Just Bare, Plain	4 oz		210	15	4.5	0	100	65	0	0	0	0	19	0	20	0	0	Y
Chicken, Marsala w/ Sauce	7 oz	Wheat, Soy, Milk	240	7	1	0	95	1260	30	0	2	2	14	0	2	0	14	N
Chicken, Parmigiano w/ Marinara	1 sv	Wheat, Milk, Egg	650	24	7	0	265	1990	48	3	11	2	60	1	369	5	757	N
Chicken, Parmesan Encrusted	4 oz	Wheat, Milk, Egg	220	12	4	0	65	470	7	0	1	0	21	0	175	0	298	N
Chicken, Piccata w/ Sauce	7 oz	Milk	270	8	2.5	0	105	1450	33	0	5	5	16	0	9	0	33	Y
Chicken, Pulled, Asian Teriyaki	4 oz	Wheat, Soy	120	1.5	0	0	40	850	15	0	10	0	13	0	0	0	0	N
Chicken, Pulled, Buffalo Sauce	4 oz	Milk	100	5	0.5	0	40	1440	<1	0	0	0	13	0	3	0	2	Y
Chicken, Pulled, Gravy	4 oz	Milk, Soy	80	2	0	0	40	550	3	0	<1	0	14	0	1	0	13	Y
Chicken, Pulled, Plain (Rotisserie)	4 oz		100	2.5	0	0	55	540	0	0	0	0	19	0	0	0	0	Y
Chicken, Pulled Smoked	2 oz		90	3.5	1	0	60	210	0	0	0	0	15	0	7	1	0	Y
Chicken, Rotisserie Bird, Joes	4 oz		130	7	4	0	60	540	0	0	0	0	16	0	0	1	0	Y
Chicken, Rotisserie Bird, Lemon	4 oz		160	10	4	0	60	550	0	0	0	0	16	1	0	1	0	Y

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Chicken, Rotisserie Bird, Plain	4 oz		140	8	4	0	60	520	0	0	0	0	16	0	0	1	0	Y
Chicken, Rotisserie Bird, WhtWine	4 oz		150	9	4	0	60	490	0	0	0	0	16	0	0	1	0	Y
Chicken, Street Taco	1 ea	Wheat	190	7	3	0	35	560	17	1	1	0	14	0	130	1	240	N
Corned Beef (Brisket) *	4 oz		140	6	3	0	55	1000	8	0	2	0	13	0	33	5	672	Y
Crab Cakes, Southwest Chipotle	4 oz	Egg, Wheat, Milk, Fish(Pollock), Shellfish (Lobster, Crab)	340	26	4	0	55	750	20	<1	4	2	6	0	24	1	157	N
Crab Cakes, Traditional Style	4 oz	Egg, Wheat, Milk,, Soy Fish(Pollock), Shellfish (Lobster, Crab)	320	22	3.5	0	70	800	22	0	5	3	8	0	57	1	197	N
Crab Cake, Traditional/ Remoulade	2 sv	Egg, Wheat, Milk,, Soy Fish(Pollock), Shellfish (Lobster, Crab)	360	25	4	0	80	960	24	<1	6	4	8	0	61	1	223	N
Crustless Quiche-Tomato Feta & Herb	1 sv	Mik, Egg	290	21	11	0	440	380	10	<1	4	0	17	0	197	2	133	Y
Crustless Quiche-Ham Broccoli Cheddar	1 sv	Egg, Milk	320	23	12	0	370	690	8	<1	5	0	20	2	343	2	286	Y
Crustless Quiche-Bacon & Swiss Lorraine	1 sv	Egg, Milk	400	30	16	0	400	1090	9	0	7	0	25	2	367	2	252	Y
Eggplant Rollatini	1 rl	Egg, Wheat, Milk	310	18	8	0	35	530	18	<1	3	0	19	0	377	0	0	N
Frittata-Florentine Feta Tomato	4 oz	Egg, Milk	150	11	5	0	222	190	6	0	2	0	8	0	98	1	66	Y
Frittata-Ham, Broccoli, Cheddar	4 oz	Milk, Egg	160	12	6	0	185	350	4	0	3	0	10	1	171	1	143	Y
Frittata-Bacon & Swiss Lorraine	4 oz	Milk, Egg	200	15	8	0	200	550	5	0	4	0	13	1	183	1	126	Y
Holiday Bob's Smkd Ham/DijonGlz*	4 oz		140	1	0	0	30	760	16	0	11	0	16	0	10	3	44	Y
Holiday Encrusted Ham*	4 oz		130	1.5	0	0	35	770	10	0	9	2	20	0	8	1	32	Y
Holiday Turkey & Gravy*	4 oz	Milk, Soy	120	4.5	1.5	0	40	540	2	0	<1	0	16	0	4	0	7	Y
Loaded Mac & Cheese, BBQ Chicken	1 sv	Milk, Wheat	610	28	18	0	125	1650	54	2	21	5	35	1	430	2	422	N
Loaded Mac & Cheese, Smoked Pulled Pork	1 sv	Milk, Wheat	670	34	21	0	125	1590	55	0	19	12	37	1	435	3	203	N
Loaded Mac & Cheese, Smoked Meatloaf	1 sv	Milk, Wheat, Egg, Soy	680	31	20	0	135	1960	74	3	17	4	27	1	488	2	259	N
Loaded Mac & Cheese, Salmon	11 oz	Milk, Fish(Salmon), Wheat	650	38	23	0	125	1560	38	2	8	0	38	9	528	2	476	N
Meal, Chicken Fried Chicken	16 oz	Wheat, Milk	530	13	7	0	75	1620	78	7	25	0	25	1	276	3	185	N
Meal, Corned Beef(St Pat's)*	20 oz	Milk	570	32	10	0	115	2720	40	6	21	9	29	0	189	12	2288	Y
Meal, Country Fried Steak	1 sv	Wheat, Milk	590	27	15	0	100	1740	55	3	6	0	31	1	130	0	154	N
Meal, Traditional Ham (Individual)*	20 oz	Wheat, Milk, Egg	830	24	11	0.5	105	2430	110	6	58	29	42	0	353	5	775	N
Meal, Traditional Turkey (Individual)*	1 sv	Wheat, Milk, Soy	890	38	18	0	125	2440	102	9	31	0	35	0	140	3	200	N
Meal, Turkey with Stuffing	1 sv	Wheat, Milk, Soy	880	41	19	0	135	3100	88	6	8	0	38	0	84	2	252	N
Meal, Grilled Chicken Skewers, Herb Pot, Butternut Squash	1 sv		580	24	2.5	0	40	1410	68	8	15	0	21	0	152	4	1411	Y
Meal, Grilled Chicken Skewers, 6 Grain Veg Medley, Pesto	1 sv	Wheat, Milk, Nut(Almond)	980	48	6	0	50	1510	102	11	5	0	35	0	223	4	483	N
Meal, Grilled Chicken Skewers, Texas Potatoes, Grilled Veg	1 sv	Milk	600	25	10	0	100	1650	66	6	27	14	29	0	311	3	1048	Y
Meal, Grilled Chicken Skewers, Grilled Veg, Pesto	1 sv	Milk, Nut (Almond, Pinenut)	730	52	6	0	50	760	40	6	13	0	25	0	206	3	872	Y

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Meal, Grilled Chicken Skewers, Orzo, Wht Wine Lemon butter	1 sv	Wheat, Soy, Milk	670	20	4.5	0	55	1680	91	7	11	1	32	0	107	6	830	N
Meal, Grilled Chicken Skewers, Lemon Orzo, Pesto	1 sv	Milk, Wheat, Nut (Almond, Pinenut)	1110	64	11	0	85	1800	93	8	9	0	41	0	303	5	372	N
Meal, Salisbury Steak	1 sv	Wheat, Egg, Milk, Soy	690	39	21	0	175	1800	53	5	4	0	30	0	46	3	184	N
Meal, Smoked Turkey	1 sv	Milk, Egg, Wheat	840	19	8	0	105	1840	124	7	46	24	42	0	302	5	1065	N
Meatloaf, Large (1.5 lbs. with Tomato Topping)	4 oz	Egg, Soy, Wheat	210	9	3.5	0	55	390	17	<1	11	3	13	0	36	2	131	N
Meatloaf, Meal	18 oz	Egg, Milk, Wheat, Soy	770	41	21	0	185	2060	63	6	7	0	38	0	45	4	185	N
Meatloaf, Mini (Tomato Topping)	9.8 oz	Egg, Soy, Wheat	530	28	11	0	160	990	32	2	14	3	38	0	62	5	262	N
Meatloaf, Mini (Brown Gravy)	12 oz	Egg, Soy, Wheat, Milk	540	30	12	0	165	1500	30	3	7	0	39	0	53	5	313	N
Meatballs, Turkey Colossal- no marinara	4 oz	Milk, Wheat, Egg, Soy	170	7	2	0	75	370	11	1	2	0	17	0	76	1	153	N
Meatloaf, Turkey w/ glz	1 sv	Milk, Wheat, Egg, Soy	420	15	3.5	0	145	1020	31	6	4	0	41	0	74	3	462	N
Prime Rib with Horseradish & Sherry Wine Demi with	4 oz	Mil, Soy, Wheat	280	19	9	0	80	220	2	0	<1	0	25	0	22	2	360	N
Pork Loin, Bourbon Apples & Craisins	4 oz	Wheat Soy, Milk	160	2	0.5	0	30	440	20	<1	16	8	15	0	16	1	251	N
Pork Loin, Sherry Wine Demi Glace*	4 oz	Milk	130	3	1	0	50	700	4	0	0	0	22	0	10	1	361	Y
Pork Sausage, Smoked	4 oz		360	32	10	0	70	1000	6	0	2	0	12	0	0	1	0	Y
Pork Steaks, Grilled Boneless BBQ	1ea		800	40	14	0	300	530	13	0	12	0	98	1	105	5	1543	Y
Pork Steaks, Smoked BBQ	1 ea		870	38	13	0	345	1420	20	<1	15	7	113	3	91	5	1523	Y
Pot Pie, Rustic Chicken	1 ea	Wheat, Milk, Egg	820	50	31	0.5	145	1920	61	3	12	1	31	0	202	3	617	N
Pot Pie, Rustic Veggie	1 ea	Wheat, Milk, Ehh	850	59	34	0.5	90	2350	65	3	14	1	14	0	252	3	691	N
Pot Roast, Single Serve*	1sv	Milk, Soy	230	3.5	1.5	0	35	850	31	4	5	0	18	0	36	2	783	Y
Pot Roast, Beef & Vegetables*	8oz	Milk, Soy	170	3.5	1.5	0	30	840	19	2	4	0	15	0	21	1	417	Y
Pork Roast, Seasoned	4 oz	Milk	150	3	1.5	0	65	410	1	0	<1	0	29	0	14	1	438	Y
Quiche-Florentine Feta/Tomato-6"	2 sv	Wheat, Milk, Egg	470	31	14	0	290	430	33	4	3	0	15	0	137	2	137	N
Quiche-Florentine Feta Tomato	1/6th300	Wheat, Milk, Egg	270	18	8	0	195	260	19	2	2	0	9	0	82	1	42	N
Quiche-Ham, (Broc/Cheddar)-6"	2 sv	Wheat, Milk, Egg	490	32	14	0	245	640	32	4	5	0	17	2	234	2	238	N
Quiche-Ham, Broccoli, Cheddar	1/6th300	Wheat, Milk, Egg	300	20	9	0	175	420	16	2	3	0	12	1	164	1	133	N
Quiche-Lorraine(Bcn & Swss)-6"	2 sv	Wheat, Milk, Egg	540	36	17	0	265	900	33	4	6	0	20	2	249	2	216	N
Quiche-Lorraine (Bacon & Swiss)	1/6th300	Wheat, Milk, Egg	300	20	9	0	170	410	18	2	3	0	12	1	154	1	133	N
Salisbury Steak with Brown gravy	1 sv	Wheat, Egg, Milk, Soy	360	21	9	0	130	1040	15	1	3	0	27	0	50	3	197	N
Shrimp, Lemon Citrus Marinated	4 oz	shellfish(Shrimp)	160	6	1	0	230	1020	2	0	0	0	25	0	101	0	184	Y
Shrimp, Smokey Alabama Marinated	4 oz	shellfish(Shrimp)	160	6	1	0	230	1170	2	0	<1	0	25	0	96	0	184	Y
Shrimp, Wild Garlic Marinated	4 oz	shellfish(Shrimp)	160	6	1	0	230	1270	2	0	0	0	25	0	98	0	184	Y
Stuffed Peppers, Green or Red*	4 oz		150	7	2	0	20	430	12	<1	3	0	7	0	23	1	63	Y
Turkey, Rotisserie, Blackened	4 oz		130	1.5	0	0	55	850	<1	0	0	0	28	0	0	1	0	Y
Turkey, Rotisserie, Caribbean	4 oz		120	1.5	0	0	55	790	0	0	0	0	28	0	0	1	0	Y
Turkey, Rotisserie, Fried	4 oz		140	2	0	0	55	570	0	0	0	0	28	0	0	1	0	Y
Turkey, Rotisserie, Joes	4 oz		130	1.5	0.5	0	80	500	0	0	0	0	31	0	0	1	0	Y

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Turkey, Rotisserie, Lemon Herb	4 oz		140	1.5	0.5	0	80	470	0	0	0	0	31	0	0	1	0	Y
Turkey, Rotisserie, White Wine	4 oz		140	2	0.5	0	80	490	0	0	0	0	31	0	0	1	0	Y