

## Dierbergs Kitchen Nutrition Information - Entrées

Product Name  * Denotes Seasonal Item	Allergens	Serving Size (oz)	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.
Bake-Oatmeal Chocolate Chip	Milk, Egg	4 oz	360	23	12	0.5	105	220	33	4	22	15	6	0	97	1	112	Y
Bake Oatmeal Lemon Blueberry	Milk Egg	4 oz	330	21	11	0.5	130	310	28	4	18	16	6	0	94	1	85	Y
Bake-Praline Pecan Berry French Toast	Milk, Egg, Nut (Pecan), Soy Sesame Seed, Wheat	4 oz	250	10	4	0	95	270	33	1	20	10	5	0	107	1	54	N
Bake-Bourbon Bacon Pecan Waffle Bake	Milk, Egg, Nut (Pecan), Soy, Wheat	4 oz	230	10	3.5	0	115	290	30	2	23	18	7	0	110	1	100	N
Beef Stew*	Soy, Wheat	4 oz	110	3.5	1	0	15	750	12	4	2	0	8	0	24	1	263	N
Beef Street Taco Kit	Milk,	1 ea	190	7	3	0	35	560	17	1	1	0	14	0	130	1	240	Y
Bob's Smoked Chicken Quesadilla	Wheat, Milk	1 sl	240	13	7	0	60	500	17	<1	2	0	15	0	223	1	112	N
Burrito, Chicken	Wheat, Milk, Soy	1 sv	650	27	13	0	90	1790	64	9	5	0	37	0	588	6	406	N
Burrito, Mini Beef & Black Bean	Wheat, Milk, Soy	1 ea	160	8	3.5	0	20	350	16	<1	0	0	7	0	100	1	70	N
Burrito, Mini Chicken Breast	Wheat, Milk, Soy	1 ea	120	2.5	1	0	<5	310	20	<1	<1	0	5	0	42	2	80	N
Chicken, Breaded Cutlet	Wheat	1 ea	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, Enchilada	Wheat, Milk, Soy, Egg	1 ea	130	7	3.5	0	25	360	8	<1	1	0	8	0	114	1	83	N
Chicken, Greg's Crazy Good Crock Pot, 9 oz	Soy, Milk	4 oz	70	1.5	0	0	25	560	5	0	1	0	10	0	20	1	116	Y
Chicken, Greg's Crazy Good Crock Pot with Rice, 10 oz	Soy, Milk	10 oz	230	3	1	0	40	860	34	2	3	1	18	0	57	3	278	Y
Chicken, Greg's Crazy Good Crock Pot, 12 oz	Soy, Milk	6 oz	110	2.5	0.5	0	40	840	7	0	2	1	15	0	30	1	174	Y
Chicken, Grilled Breast		4 oz	140	2	0.5	0	95	810	1	0	1	0	29	0	20	1	0	Y
Chicken, Grilled, Buffalo		4 oz	110	4	0	0	55	1450	1	0	0	0	18	0	3	0	142	Y
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, Parmesan Encrusted	Wheat, Milk, Egg	4 oz	220	12	4	0	65	470	7	0	1	0	21	0	175	0	298	N
Chicken, Pulled, Asian Teriyaki	Wheat, Soy	4 oz	120	1.5	0	0	40	850	15	0	10	0	13	0	0	0	0	N
Chicken, Pulled, Buffalo Sauce	Milk	4 oz	100	5	0.5	0	40	1440	<1	0	0	0	13	0	3	0	2	Y
Chicken, Pulled, Gravy	Milk, Soy	4 oz	80	2	0	0	40	550	3	0	<1	0	14	0	1	0	13	Y
Chicken, Pulled, Plain (Rotisserie)		3 oz	110	2.5	0.5	0	55	440	1	0	0	0	20	0	13	1	169	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
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 Kit	Wheat	1ea	190	7	3	0	35	560	17	1	1	0	14	0	130	1	240	N
Colossal Meatballs & Marinara	Wheat, Soy, Egg, Milk	1ea	180	10	0.5	0	0	690	18	2	10	2	3	0	32	1	21	N
Corned Beef (Brisket) *		4 oz	140	6	3	0	55	1000	8	0	2	0	13	0	33	5	672	Y

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Crustless Quiche-Tomato Feta & Herb	Mik, Egg	1 sv	290	21	11	0	440	380	10	<1	4	0	17	0	197	2	133	Y
Crustless Quiche-Ham Broccoli Cheddar	Egg, Milk	1 sv	320	23	12	0	370	690	8	<1	5	0	20	2	343	2	286	Y
Crustless Quiche-Bacon & Swiss Lorraine	Egg, Milk	1 sv	400	30	16	0	400	1090	9	0	7	0	25	2	367	2	252	Y
Frittata-Florentine Feta Tomato	Egg, Milk	4 oz	150	11	5	0	222	190	6	0	2	0	8	0	98	1	66	Y
Frittata-Ham, Broccoli, Cheddar	Milk, Egg	4 oz	160	12	6	0	185	350	4	0	3	0	10	1	171	1	143	Y
Frittata-Bacon & Swiss Lorraine	Milk, Egg	4 oz	200	15	8	0	200	550	5	0	4	0	13	1	183	1	126	Y
Frittata-Meatlovers	Milk, Egg	4 oz	190	14	6	0	190	370	4	0	3	0	11	0	119	1	103	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*	Milk	4 oz	120	4.5	1.5	0	40	540	2	0	<1	0	16	0	4	0	7	Y
Loaded Mac & Cheese, BBQ Chicken	Milk, Wheat	1 sv	610	28	18	0	125	1650	54	2	21	5	35	1	430	2	422	N
Loaded Mac & Cheese, Smoked Pulled Pork	Milk, Wheat	1 sv	670	34	21	0	125	1590	55	0	19	12	37	1	435	3	203	N
Loaded Mac & Cheese, Salmon	Milk, Fish(Salmon), Wheat	11 oz	650	38	23	0	125	1560	38	2	8	0	38	9	528	2	476	N
Meal, Corned Beef(St Pat's)*	Milk	20 oz	570	32	10	0	115	2720	40	6	21	9	29	0	189	12	2288	Y
Meal, Country Fried Steak	Wheat, Milk	1 sv	590	27	15	0	100	1740	55	3	6	0	31	1	130	0	154	N
Meal, Traditional Ham (Individual)*	Wheat, Milk, Egg	20 oz	830	24	11	0.5	105	2430	110	6	58	29	42	0	353	5	775	N
Meal, Traditional Turkey (Individual)*	Wheat, Milk, Soy	1 sv	890	38	18	0	125	2440	102	9	31	0	35	0	140	3	200	N
Meal, Turkey with Stuffing	Wheat, Milk, Soy	1 sv	880	41	19	0	135	3100	88	6	8	0	38	0	84	2	252	N
Meal, Salisbury Steak	Wheat, Egg, Milk, Soy	1 sv	690	39	21	0	175	1800	53	5	4	0	30	0	46	3	184	N
Meal, Smoked Turkey	Milk, Egg, Wheat	1 sv	840	19	8	0	105	1840	124	7	46	24	42	0	302	5	1065	N
Meatloaf, Large (1.5 lbs. with Tomato Topping)	Egg, Soy, Wheat	4 oz	210	9	3.5	0	55	390	17	<1	11	3	13	0	36	2	131	N
Meatloaf, Meal	Egg, Milk, Wheat, Soy	18 oz	770	41	21	0	185	2060	63	6	7	0	38	0	45	4	185	N
Meatloaf, Mini (Tomato Topping)	Egg, Soy, Wheat	9.8 oz	530	28	11	0	160	990	32	2	14	3	38	0	62	5	262	N
Meatloaf, Mini (Brown Gravy)	Egg, Soy, Wheat, Milk	12 oz	540	30	12	0	165	1500	30	3	7	0	39	0	53	5	313	N
Naked Bites, Buffalo	Milk	4 oz	150	10	1.5	0	30	1590	4	0	0	0	11	0	5	0	3	Y
Naked Bites, Teriyaki	Wheat, Soy	4 oz	180	5	1	0	30	870	21	0	13	0	11	0	0	0	0	Y
Naked Bites, Thai Chili		4 oz	170	5	1	0	30	700	19	0	16	0	11	0	0	0	0	Y
Prime Rib with Horseradish & Sherry Wine Demi	Mil, Soy, Wheat	4 oz	280	19	9	0	80	220	2	0	<1	0	25	0	22	2	360	N
Pork Loin, Bourbon Apples & Craisins*	Wheat Soy, Milk	4 oz	160	2	0.5	0	30	440	20	<1	16	8	15	0	16	1	251	N
Pork Loin, Sherry Wine Demi Glace*	Milk	4 oz	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		4 oz	160	8	3.5	0	55	360	3	0	12	0	19	0	0	1	1543	Y
Pork Steaks, Smoked BBQ		1 ea	870	38	13	0	345	1420	20	<1	15	7	113	3	91	5	1523	Y
Pork Tenderloin, Grilled		4 oz	130	4	1	0	70	350	<1	0	0	0	23	0	8	1	447	Y
Pork Tenderloin, Grilled w/ Sauce		4 oz	150	3	0.5	0	55	410	13	0	12	0	18	0	18	1	400	Y
Pot Pie, Rustic Chicken	Wheat, Milk, Egg	1 ea	820	50	31	0	135	2280	62	3	12	1	30	0	211	4	626	N
Pot Pie, Rustic Veggie*	Wheat, Milk, Ehh	1 ea	850	59	34	0.5	90	2350	65	3	14	1	14	0	252	3	691	N
Pot Roast, Single Serve*	Milk, Soy	1sv	230	3.5	1.5	0	35	850	31	4	5	0	18	0	36	2	783	Y
Pot Roast, Beef & Vegetables*	Milk, Soy	8oz	170	3.5	1.5	0	30	840	19	2	4	0	15	0	21	1	417	Y

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Quiche-Florentine Feta/Tomato-6"	Wheat, Milk, Egg	2 sv	470	31	14	0	290	430	33	4	3	0	15	0	137	2	137	N
Quiche-Florentine Feta Tomato	Wheat, Milk, Egg	1/6th300	270	18	8	0	195	260	19	2	2	0	9	0	82	1	42	N
Quiche-Ham, (Broc/Cheddar)-6"	Wheat, Milk, Egg	2 sv	490	32	14	0	245	640	32	4	5	0	17	2	234	2	238	N
Quiche-Ham, Broccoli, Cheddar	Wheat, Milk, Egg	1/6th300	300	20	9	0	175	420	16	2	3	0	12	1	164	1	133	N
Quiche-Lorraine(Bacon & Swss)-6"	Wheat, Milk, Egg	2 sv	540	36	17	0	265	900	33	4	6	0	20	2	249	2	216	N
Quiche-Lorraine (Bacon & Swiss)	Wheat, Milk, Egg	1/6th300	300	20	9	0	170	410	18	2	3	0	12	1	154	1	133	N
Quiche-Meatlovers- 6"	Wheat, Milk, Egg	2	360	26	10	2	250	530	17	2	4	0	16	1	171	1	125	N
Quiche-Meatlovers	Wheat, Milk, Egg	1/6th190	290	21	9	0	215	420	155	1	3	0	13	1	134	1	100	N
Salisbury Steak with Brown gravy	Wheat, Egg, Milk, Soy	1 sv	360	21	9	0	130	1040	15	1	3	0	27	0	50	3	197	N
Salmon, Smoked Cake w/Chip Aioli	Wheat, Egg, Fish(Salmon)	2 sv	540	45	7	0	85	560	9	0	2	1	24	0	29	1	392	N
Shrimp, Breaded & Fried	Shellfish (Shrimp), Wheat	4 oz	220	9	1	0	55	720	25	0	< 1	0	9	0	18	2	25	N
Shrimp, Lemon Citrus Marinated	shellfish(Shrimp)	4 oz	160	6	1	0	230	1020	2	0	0	0	25	0	101	0	184	Y
Shrimp, Smokey Alabama Marinated	shellfish(Shrimp)	4 oz	160	6	1	0	230	1170	2	0	<1	0	25	0	96	0	184	Y
Shrimp, Wild Garlic Marinated	shellfish(Shrimp)	4 oz	160	6	1	0	230	1270	2	0	0	0	25	0	98	0	184	Y
Tamales, Beef	Soy	1ea	210	11	5	0	24	420	15	0	0	0	9		0%	0%	0	
Tamales, Cheese	Soy, Milk	1ea	390	21	8	0	25	610	34	5	6		15			0.06	0	
Turkey, Rotisserie, Joes		4 oz	130	1.5	0.5	0	80	500	0	0	0	0	31	0	0	1	0	Y
Turkey, Rotisserie, Plain		4 oz	130	1.5	0	0	55	570	0	0	0	0	28	0	6	1	0	Y