

Dierbergs Kitchen Nutrition Information - Meat Department - Chef's Creations

Product Name	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.
From Our Butcher Shop - "As Consumed" (Cooked)																		
Burgers, Beef, Bacon Cheddar	Milk	5 oz	450	37	15	1.5	115	560	0	0	0	0	29	0	135	3	353	Y
Burger,Beef, Bacon Pepper Jack	Milk	5 oz	400	33	13	1.5	105	480	1	0	0	0	26	0	112	2	338	Y
Burgers, Beef Jalapeno Bcn Cheddar	Milk	5 oz	320	23	10	0	90	370	<1	0	0	0	28	X	68	2	X	Y
Burgers, Beef Hatch BcnCheddar*	Milk	5 oz	320	23	10	0	95	290	1	0	<1	0	27	0	69	2	27	Y
Burgers, Beef Sliders, Bcn Cheddar	Milk	2.5 oz	250	20	8	1	65	300	0	0	0	0	16	0	73	1	192	Y
Burgers, Beef Sliders, JalBcn Chdr	Milk	2.5 oz	160	11	5	0	45	150	2	0	<1	0	13	0	16	1	46	Y
Burgers, Beef Sliders, Bacon Pepper Jack	Milk	2.5 oz	240	20	8	1	60	290	<1	0	0	0	15	0	67	1	203	Y
Burgers, Beef, Loaded Cheddar	Milk	8 oz	600	48	20	2.5	165	540	<1	0	0	0	40	0	206	4	539	Y
Burgers, Beef, Loaded Bacon Cheddar	Milk	8 oz	640	53	22	2.5	165	800	0	0	0	0	42	0	192	4	504	Y
Burgers, Beef, Loaded Cheddar Jack	Milk	8 oz	630	51	21	2.5	175	570	1	0	0	0	42	0	211	4	594	Y
Burgers, Beef, Loaded Bacon Pepper Jack	Milk	8 oz	640	52	22	2	165	770	2	0	0	0	41	0	179	4	541	Y
Burgers, Beef, Loaded Jalapeno Pepper Jack	Milk	8 oz	580	47	20	2.5	160	600	2	0	0	0	38	0	187	4	565	Y
Burgers, Turkey Bacon Cheddar	Milk	5 oz	290	17	6	0	115	1430	<1	0	<1	0	32	1	107	2	315	Y
Burgers, Turkey JalBacon Cheddar	Milk	5 oz	230	13	4.5	0	100	390	<1	0	0	0	26	X	68	0	X	Y
Burgers, Turkey SliderBcn Chdr	Milk	2.5 oz	150	9	3	0	55	310	2	0	0	0	16	0	67	1	201	Y
Burgers, Turkey Slider, JalBcn Chdr	Milk	2.5 oz	160	11	5	0	45	150	2	0	<1	0	13	0	16	1	46	Y
Chicken Breast, Rosemary		1 ea	160	5	5	0	90	480	0	0	0	0	28	0	0	1	325	Y
Chicken Breast, Mediterranean		1 ea	160	5	1	0	90	380	0	0	0	0	28	0	0	1	329	Y
Chicken Breast, Plain		1 ea	140	3.5	1	0	90	380	0	0	0	0	28	0	0	1	327	Y
Chicken Breast, Garlic Pepper		1 ea	160	5	1	0	90	380	0	0	0	0	28	0	1	1	327	Y
Chicken Breast, Wild Garlic		1 ea	160	5	1	0	90	490	0	0	0	0	28	0	0	1	327	Y
Chicken Breast, Cajun		1 ea	160	5	1	0	90	380	0	0	0	0	28	0	1	1	327	Y
Chicken Breast, Bob's Rub		1 ea	190	4	1	0	110	160	<1	0	<1	0	40	0	20	1	310	Y
Chicken Breast, Smokey Alabama		1 ea	160	5	1	0	90	450	0	0	0	0	28	0	0	1	339	Y
Chicken Breast, White Wine		1 ea	200	4.5	1.5	0	110	180	<1	0	0	0	40	0	23	1	323	Y
Chicken Breast, Stuffed Traditional Stuffing	Wheat,	1 ea	340	17	2.5	0	110	1380	13	<1	2	1	35	0	20	2	60	N
Chicken Breast, Stuffed Apple Almond	Wheat,	1 ea	380	15	2.5	0	110	1090	25	<!	8	0	34	0	3	2	24	N
Chicken Breast, Stuffed, Floretine	Wheat,Milk, Soy	1 ea	340	17	3	0	110	830	12	1	1	0	35	0	38	2	67	N
Chicken Breast, Encrusted Parmesan	Wheat, Milk	1 ea	370	14	4	0	120	890	21	<1	2	1	39	0	126	1	37	N
Pork Chop, Enrusted, Parmesan	Wheat, Milk	1 ea	410	15	4.5	0	105	580	21	<1	2	1	47	1	136	1	694	N
Pork Chop, Stuffed Traditional Stuffing	Wheat, Milk	1 ea	330	14	3.5	0	100	740	14	<1	2	1	38	1	30	2	696	N

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Pork Chop, Stuffed Apple Almond Craisin	Nut (Almond), Wheat	1 ea	360	13	2.5	0	95	580	20	<1	8	0	41	1	13	2	661	N
Pork Chop, Thick Mediterranean		1 ea	420	22	7	0	155	110	0	0	0	0	55	1	35	2	810	Y
Pork Chop, Thick Wild Garlic		1 ea	420	22	7	0	155	320	0	0	0	0	55	1	34	2	810	Y
Pork Chop, Thick Garlic Pepper		1 ea	420	22	7	0	155	110	0	0	0	0	55	1	36	2	810	Y
Pork Chop, Thick Cajun		1 ea	420	22	7	0	155	110	0	0	0	0	55	1	36	2	810	Y
Pork Chop, Thick Rosemary Herb		1 ea	420	22	7	0	155	310	0	0	0	0	55	1	34	2	810	Y
Pork Chop, Thick Smokey Alabama		1 ea	420	22	7	0	155	240	0	0	0	0	55	1	34	2	810	Y
Kabob, Chicken, Plain		1ea	90	2	0.5	0	60	250	0	0	0	0	18	X	0	0	X	Y
Kabob, Chicken, Mediterranean		1ea	140	8	1	0	60	250	0	0	0	0	18	0	1	0	X	Y
Kabob, Chicken, Smokey Alabama		1ea	140	8	1	0	60	440	<1	0	<1	0	18	X	0	0	X	Y
Kabob, Chicken, Rosemary Herb		1ea	140	8	1	0	60	540	0	0	0	0	18	X	0	1	X	Y
Kabob, Chicken, Garlic Pepper		1ea	140	8	1	0	60	250	<1	0	0	0	18	0	2	0	0	Y
Kabob, Chicken, Cajun		1ea	140	8	1	0	60	250	0	0	0	0	18	0	2	1	0	Y
Kabob, Chicken, Wild Garlic		1ea	90	2	0.5	0	60	250	0	0	0	0	18	X	0	0	X	Y
Kabob, Chicken, Teriyaki Glazed	Wheat, Soy, Sesame Seed	1ea	110	2	0.5	0	60	420	5	0	4	0	18	X	0	0	X	N
Kabob, Chicken, Bob's BBQ		1ea	100	2	0.5	0	60	420	2	0	1	0	18	X	2	0	9	Y
Kabob, Pork, Asian Teriyaki Glazed Tenderloin	Wheat, Soy, Sesame Seed	1ea	110	3	1	0	50	210	0	0	0	0	20	0	5	1	514	N
Kabob, Pork, Bob's BBQ Tenderloin		1ea	110	3	1	0	50	210	0	0	0	0	20	0	5	1	514	Y
Kabob, Pork, Tenderloin, Plain		1ea	110	3	1	0	50	210	0	0	0	0	20	0	5	1	514	Y
Kabob, Beef, Sirloin, Bob's BBQ		1ea	160	5	2	0	65	120	<1	0	<1	0	28	0	5	3	279	Y
Kabob, Beef, Sirloin, Plain		1ea	220	12	5	0	75	75	5	2	2	0	23	0	18	2	308	Y
Kabob, Beef, Sirloin, Mediterranean		1ea	180	10	2	0	70	65	0	0	0	0	24	0	6	2	403	Y
Kabob, Beef, Sirloin, Rosemary		1ea	180	10	2	0	70	370	0	0	0	0	24	0	5	2	403	Y
Kabob, Beef, Sirloin, Garlic Pepper		1ea	190	10	2	0	70	65	<1	0	0	0	24	0	7	2	403	Y
Kabob, Beef, Sirloin, Wild Garlic		1ea	190	10	2	0	70	380	0	0	0	0	24	0	5	2	403	Y
Kabob, Beef, Sirloin, Cajun		1ea	190	10	2	0	70	65	0	0	0	0	24	0	7	2	403	Y
Kabob, Beef, Sirloin, Smky Alabama		1ea	190	10	2	0	70	260	<1	0	<1	0	24	0	5	2	403	Y
Kabob, Beef, Sirloin, Teriyaki	Wheat, Soy, Sesame Seed	1ea	150	4.5	1.5	0	70	180	4	0	3	0	24	0	5	2	403	
Kabob,Chicken/Veg, Rosemary		1ea	240	13	1.05	0	65	70	5	2	2	0	26	0	20	1	0	Y

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Kabob,Chicken/Veg, Plain		1ea	140	1.5	0	0	65	70	5	2	2	0	26	X	16	1	X	Y
Kabob,Chicken/Veg, Bob's BBQ		1ea	190	2	0	0	65	1450	17	3	12	0	26	X	30	2	70	Y
Kabob,Chicken/Veg, Garlic Pepper		1ea	240	12	1.5	0	65	70	6	2	2	0	26	X	X	1	X	Y
Kabob,Chicken/Veg, Mediterranean		1ea	240	12	1	0	65	70	5	2	2	0	26	X	16	1	X	Y
Kabob,Chicken/Veg, Teriyaki	Wheat, Soy, Sesame Seed	1ea	180	1.5	0	0	65	420	15	2	9	0	26	X	16	1	X	N
Kabob,Chicken/Veg, Wild Garlic		1ea	240	13	1.5	0	65	700	5	2	2	0	26	X	16	1	X	Y
Kabob,Chicken/Veg,Smky Alabama		1ea	240	12	1.5	0	65	450	6	2	3	0	26	X	16	1	X	Y
Kabob,Chicken/Veg, Cajun		1ea	240	13	1.5	0	65	70	5	2	2	0	26	0	20	1	0	Y
Kabob,Beef/Veg, Plain		1 ea	220	12	5	0	75	75	5	2	2	0	23	X	X	3	X	Y
Kabob,Beef/Veg, Smokey Alabama		1 ea	320	22	6	0	75	460	6	2	3	0	23	X	0	3	X	Y
Kabob,Beef/Veg, Wild Garlic		1 ea	320	23	6	0	75	700	5	2	2	0	23	X	X	3	X	Y
Kabob,Beef/Veg, Garlic Pepper		1 ea	320	22	5	0	75	75	6	2	2	0	23	X	4	3	0	Y
Kabob,Beef/Veg, Bob's BBQ		1 ea	270	12	5	0	75	1450	18	3	12	0	24	X	14	3	70	Y
Kabob,Beef/Veg, Teriyaki	Wheat, Soy, Sesame Seed	1 ea	260	12	5	0	75	420	16	2	9	0	23	X	X	3	X	N
Kabob,Beef/Veg, Mediterranean		1 ea	320	22	6	0	75	75	6	2	2	0	23	0	3	3	X	Y
Kabob,Beef/Veg, Cajun		1 ea	320	23	6	0	75	75	5	2	2	0	23	0	5	3	0	Y
Speciality Meats from Our Butcher Shop Case - "As Consumed" (Cooked)																		
Pork Loin, Unseasoned w/ Demi Glace	Milk	4 oz	240	15	5	0	75	200	3	0	0	0	24	1	22	1	439	Y
Pork Loin Seasoned (Pork Seasoning), w/ Demi Glace	Milk, Sesame Seed	4 oz	240	15	5	0	75	580	4	0	<1	0	23	1	30	1	439	Y
Pork Loin, Bacon Wrap w/ Bourbon	Wheat, Soy, Sesame Seed	4 oz	270	14	5	0	65	820	8	0	6	5	28	0	17	1	332	N
Beef Brisket,Marinated w/Borderlaise		4oz	220	7	2.5	0	90	780	7	0	4	3	32	0	24	3	314	Y
Beef Flank, Ballotine Asp/Flor(no Sc)	Milk	4 oz	160	9	4.5	0	50	230	1	0	0	0	18	0	30	2	308	Y
Beef Flank, Ballotine Asp/Flor(w/ Sc)	Milk	4 oz	166	9.1	4.4	0	49	250	1.7	0.4	0.4	0	18	0	28	2	305	Y
Beef Flank, Ballotine Red Pep/Spn, No Sauce		4 oz	230	14	6	0.5	55	210	3	<1	<1	0	24	0	23	3	310	Y
Beef Flank, Ballotine Red Pep/Spn, w/ Sauce		4 oz	210	12	5	0	50	430	5	<1	2	1	21	0	24	3	287	Y
Beef Flank, Ballotine Surf /Turf No Sc	Milk, Wheat, Egg, Fish (Pollock), Shell Fish (Crab)	4 oz	190	11	4.5	0	65	270	4	<1	1	1	19	0	47	2	341	N
Beef Flank, Ballotine Surf/Turf w/ Sc	Milk, Wheat, Egg, Fish (Pollock), Shell Fish (Crab)	4 oz	170	9	3.5	0	50	570	7	<1	3	2	15	0	42	2	302	N

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Beef Roast, Manhattan Strip, Seas, No Sauce		4 oz	220	8	3.5	0	75	170	2	<1	0	0	35	0	18	3	402	Y
Beef Roast, Manhattan Strip, Seas, w/ Sauce		4 oz	180	6	2.5	0	55	560	5	<1	3	2	26	0	20	2	340	Y
Beef Roast, Devine Stand Rib No Sc		6 oz	370	18	7	0	110	320	3	<1	<1	0	48	1	34	4	700	Y
Beef Roast, Devine Stand Rib w/ Sc		6 oz	320	15	6	0	90	710	7	<1	3	2	40	1	36	4	620	Y
Beef Roast, Tenderloin, Seas No Sc		4 oz	210	9	3.5	0	90	200	2	<1	<1	0	31	0	28	4	440	Y
Beef Roast, Tenderloin, Seas w/ Sc		4 oz	190	8	3	0	75	460	5	<1	2	1	25	0	27	3	390	Y
Beef Roast, Tenderloin, Chateaubriand No Sauce		4 oz	170	13	5	0	35	320	4	<1	<1	0	10	0	15	2	202	Y
Beef Roast, Tenderloin, Chateaubriand w/ Sauce		4 oz	140	9	3.5	0	25	690	7	<1	3	2	7	0	18	1	192	Y
Beef Roast, Rib Eye, Bnls, Garlic Studded, Rosemary, No Sauce		4 oz	430	40	15	0	2	340	2	0	0	0	16	0	17	2	267	Y
Beef Roast, Rib Eye, Bnls, Garlic Studded, Rosemary, w/ Sauce		4 oz	510	44	17	0	95	390	2	0	0	0	26	0	22	3	348	Y
Beef Roast, Standing Rib, Bone In, Garlic Studded, Rosemary, No Sc		6 oz	780	68	26	0	145	580	3	0	0	0	38	0	34	4	543	Y
Beef Roast, Standing Rib, Bone In, Garlic Studded, Rosemary, w/ Sc		6 oz	720	62	0	0	125	840	6	0	2	1	34	0	38	3	545	Y
Beef Roast, Rib Eye,Bnls, Garlic Studded, Wild Garlic, No Sauce		4 oz	460	40	15	0	85	360	2	0	0	0	23	0	19	2	312	Y
Beef Roast, Rib Eye, Bnls, Garlic Studded, Wild Garlic, w/ Sauce		4 oz	410	35	13	0	75	510	3	0	1	1	21	0	20	2	295	
Beef Roast, Standing Rib, Bone In, Garlic Studded, Wild Garlic, No Sc		6 oz	580	44	15	0	120	600	3	0	0	0	44	1	29	3	569	Y
Beef Roast, Standing Rib, Garlic Studded Bone In, Wild Garlic, w/ Sc		6 oz	540	39	13	0	105	860	6	0	2	1	39	1	31	3	540	Y
Beef Roast, Saratoga Rib Eye No Sc		4 oz	310	19	8	0.5	75	180	2	<1	<1	0	32	0	9	4	406	Y
Beef Roast, Saratoga Rib Eye w/ Sc		4 oz	240	14	6	0	55	590	6	<1	3	2	24	0	21	3	338	Y
Beef Roast, Frenched Stand Rib Seas No Sc		6 oz	370	18	7	0	110	290	3	<1	<1	0	48	1	31	4	693	Y
Beef Roast, Frenched Stand Rib Seas w/ Sc		6 oz	330	15	6	0	95	630	6	<1	3	2	41	1	32	4	622	Y
Beef Roast, Delmonico Ribeye, Seas, No Sauce		4 oz	330	21	9	1	80	210	2	<1	<1	0	31	0	22	4	417	Y
Beef Roast, Delmonico Ribeye, Seas, w/ Sauce		4 oz	290	18	8	0.5	65	400	4	<1	2	1	27	0	20	3	366	Y
Beef Roast, Ballotine Ribeye,Seas, No Sauce		4 oz	230	14	6	0.5	55	210	3	<1	<1	0	24	0	23	3	310	Y
Beef Roast, Ballotine Ribeye,Seas, w/ Sau		4 oz	210	12	5	0	50	430	5	<1	2	1	21	0	24	3	287	Y
Beef Steak, New York Strip, Plain		2 serv	470	26	11	1	140	110	0	0	0	0	58	0	15	5	624	Y
Beef Steak, Delmonico Ribeye, Plain		2 serv	440	25	10	1.5	155	105	0	0	0	0	54	0	15	4	615	Y
Beef Steak, Fillet Mignon, Plain		5.5 oz	300	13	6	0	110	100	0	0	0	0	47	0	10	5	504	Y
Beef Steak, Bcn Wrap Fillet Mignon, Plain		6.7 oz	490	30	12	0	130	100	0	0	0	0	57	0	10	5	504	Y

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Beef Steak, Sirloin Fillet Medallions, Plain		5.5 oz	260	9	4	0	105	90	0	0	0	0	45	0	9	4	547	Y
Beef Steak, Bcn Wrap Sirloin Fillet Medallion, Plain		6.7 oz	450	25	10	0	130	710	0	0	0	0	54	0	9	4	547	Y
Pork Roast, Majestic Crown, Seas, No Sauce	Milk, Sesame Seed	6 oz	370	19	7	0	120	630	2	0	1	0	48	1	55	2	741	Y
Pork Roast, Majestic Crown, Seas, w/ Sauce	Milk, Sesame Seed	6 oz	340	17	7	0	105	680	4	0	<1	0	42	1	49	2	668	Y
Pork Roast, Frenched Standing Rack, Seas, No Sauce	Milk, Sesame Seed	6 oz	420	26	10	0	120	550	2	0	<1	0	46	1	56	2	715	Y
Pork Roast, Frenched Standing Rack, Seas, w/ Sauce	Milk, Sesame Seed	6 oz	370	22	9	0	105	810	5	0	1	0	39	1	53	1	629	Y
Pork Roast, Boneless Pork Loin, Seas	Milk, Sesame Seed	4 oz	190	4.5	2	0	75	250	<1	0	0	0	37	0	11	1	481	Y
Pork Roast, Bacon Wrap Bnls Pork Loin, Bourbon Sauce	Milk, Sesame Seed, Soy, Wheat	4 oz	270	14	5	0	65	820	8	0	6	5	28	0	17	1	332	N
Speciality Butcher Shop Self Service Meats - "As Purchased" (Raw)																		
Chicken Breast, Encrusted Cordon Bleu	Wheat, Milk	4 oz	160	6	2.5	0	80	180	1	0	0	0	25	x	78	0.36	x	N
Chicken Breast, Broccoli Cheddar Stf	Wheat, Milk	4 oz	140	5	2	0	65	250	2	0	0	0	22	X	26	0	X	N
Chicken Breast, Bacon Cheddar Stf	Wheat, Milk	4 oz	180	8	3	0	80	390	2	0	0	0	26	X	52	1	X	N
Chicken Breast, Garlic Hrb Asp Stf	Wheat, Milk	4 oz	150	7	2.5	0	65	140	2	0	0	0	20	X	26	0	X	N
Chicken Breast, Cutlet, Italian Parm	Wheat, Milk	4 oz	150	3	1	0	65	360	7	0	0	0	23	X	26	1	X	N
Chicken Breast, Butter Garlic Marinated	Wheat, Milk	4 oz	120	2.5	0	0	75	530	1	0	1	0	23	X	26	0	X	N
Chicken Breast, Rollup, Bacon Cheddar	Milk	4 oz	210	11	4.5	0	80	780	2	0	2	0	26	X	8	4	X	Y
Chicken Breast, Rollup, Italian Style	Milk	4 oz	180	9	4	0	80	900	2	0	1	0	23	X	130	1	X	Y
Chicken Breast, Rollup, Jalapeno Cream Cheese	Milk	4 oz	130	5	2.5	0	65	990	2	0	1	0	19	X	26	0	X	Y
Chicken Breast, Spiedini	Wheat	4 oz	130	3	0.5	0	75	500	3	0	1	1	23	X	26	1	X	N
Kabob, Beef/Veg, Bourbon Glzd		4 oz	160	11	2.5	0	40	290	3	1	1	2	13	X	26	1	X	Y
Kabob, Beef/Veg, Red Wine Marinted	Milk, Soy	4 oz	180	8	3	0	65	410	5	1	3	0	22	X	26	3	X	Y
Kabob, Chicken/Veg, Lemon Ginger		4 oz	130	5	1	0	50	210	4	1	2	0	16	X	26	0	X	Y
Kabob, Chicken/Veg, Chipotle Apple		4 oz	130	5	1	0	50	210	4	1	2	0	16	X	26	0	X	Y
Kabob Chicken/Veg, Italian Glazed		4 oz	130	5	1	0	50	220	4	1	2	0	16	X	26	1	X	Y
Beef, Ground Chuck, Bacon Cheddar	Milk	4 oz	300	24	10	1	80	370	0	0	0	0	21	X	78	2	X	Y
Beef, Ground Chuck, Jalapeno Chdr	Milk, Soy	4 oz	280	20	9	1	60	770	4	0	0	0	20	X	0	4	X	Y
Beef, Ground Chuck, Seasoned		4 oz	300	23	10	1	70	410	2	0	0	0	21	X	26	2	X	Y
Beef, Ground Chuck, Pepper & Garlic		4 oz	260	20	9	1	60	590	2	1	0	0	19	X	26	2	2	X

Product Name	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.
Beef/Pork/Veal, Ground, Meatloaf Mix		4 oz	290	23	9	0	80	60	0	0	0	0	20	X	78	3	X	Y
Beef/Pork, Gourmet Meatballs	Wheat	4 oz	270	19	7	1	65	470	8	0	1	0	17	X	52	3	X	N
Pork Chop, Bnls, Stfd Cornbread	Wheat, Soy	4 oz	230	12	4	0	50	230	12	1	4	0	19	X	26	1	X	N
Pork Chop, Bnls, Stfd, Cran Apple	Wheat, Milk	4 oz	220	12	4	0	50	100	9	0	3	0	19	X	26	1	X	N
Speciality Butcher Shop Self Service EZ Meals - "As Consumed" (Cooked)																		
EZ Rosemary Chicken Breast		2 ea	190	7	1.5	0	110	610	0	0	0	0	33	X	0	1	X	Y
EZ Mediterranean Chicken Breast		2 ea	190	6	1	0	110	460	0	0	0	0	33	0	1	1	1	Y
EZ Lemon Herb Chicken Breast	Milk	2 ea	200	7	3	0	120	660	1	0	0	0	33	0	6	1	11	Y
EZ Wild Garlic Chicken Breast	Milk	2 ea	220	10	3.5	0	120	650	0	0	0	0	33	x	0	1	x	Y
EZ Cajun Chicken Breast		2 ea	170	4	1	0	110	690	0	0	0	0	33	X	0	1	X	Y
EZ Bob's Rub Chicken Breast		2 ea	180	4	1	0	110	720	2	0	2	0	33	X	3	1	13	Y
EZ Low Sodium Seas Chicken Breast		2 ea	170	4	1	0	110	490	0	0	0	0	33	X	2	1	6	Y
EZ Rosemary Pork Chop		2 ea	230	8	1.5	0	95	300	0	0	0	0	40	1	10	1	657	Y
EZ Bob's Rub Pork Chop		2 ea	220	5	1.5	0	95	410	2	0	2	0	41	1	13	1	670	Y
EZ Cajun Pork Chop		2 ea	210	5	1.5	0	95	230	0	0	0	0	40	1	10	1	657	Y
EZ Bob's Rub Pork Tenderloin		2 ea	190	4	1	0	110	350	2	0	2	0	36	0	11	2	692	Y
EZ Smokey Alabama Pork Tenderloin		2 ea	200	6	1.5	0	110	190	0	0	0	0	36	0	9	2	679	Y
EZ White Wine Pork Tenderloin		2 ea	180	3.5	1	0	110	170	<1	0	0	0	36	0	12	2	685	Y
EZ Meal, Sante Fe Chicken, Rice	Milk	2 ea	330	8	3	0	115	1170	29	3	3	1	37	0	40	2	136	Y
EZ Meal, Sante Fe Pork Chop, Rice	Milk	2 ea	390	9	3	0	105	1010	32	2	3	1	44	1	38	3	868	Y
EZ Meal, Cajun Chicken Breast, Rice	Milk	2 ea	350	8	3	0	120	1310	32	2	3	0	37	0	25	3	192	Y
EZ Meal, Cajun Pork Chop, Rice	Milk	2 ea	390	9	3.5	0	105	1100	32	2	3	0	44	1	36	3	849	Y
EZ Meal, White Wine Chicken, Rice	Milk	2 ea	330	8	3	0	115	1170	29	3	3	1	37	0	40	2	138	Y