

Dierbergs Kitchen Nutrition Information - Salads																		
Product Name *Seasonal	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.
Ambrosia Salad	Milk, Coconut	4 oz.	170	8	6	0	25	70	21	<1	17	1	2	0	43	0	12	Y
Apple Waldorf Salad*	Milk, Egg	4 oz.	170	10	3	0	15	45	19	1	16	0	<1	0	23	0	130	Y
Broccoli Cheddar Pasta Salad	Wheat, Milk, Egg	4 oz.	310	19	5	0	20	210	28	<1	13	11	6	0	83	1	77	N
Broccoli Grape Salad	Milk, Egg, Almonds	4 oz.	250	19	4	0	20	170	15	2	11	7	4	0	43	1	232	Y
Cappellini Asiago	Milk, Wheat	4 oz.	250	14	4	0	15	370	23	2	<1	0	7	0	12	1	63	N
Caprese Pasta Salad	Wheat, Milk, PineNuts	4 oz.	200	11	1.5	0	0	140	22	1	4	1	4	0	19	1	168	N
Caprese Pasta Salad- Fresh Mozzarella*	Milk, Pineuts, Wheat	4 oz.	190	10	2	0	<5	130	20	1	3	1	4	0	17	1	149	N
Caprese Mozzarella Stack*	Milk	1stak	170	13	3.5	0	15	390	8	0	6	0	4	0	106	0	56	Y
Cauliflower Crunch Salad	Milk, Egg	4 oz.	160	9	2	0	5	125	16	2	12	7	3	0	40	1	298	Y
Chicken Salad, Buffalo	Egg	4 oz.	250	21	3	0	50	710	2	0	<1	1	14	0	22	1	218	Y
Chicken Salad, Chunky	Egg, Pecan	4 oz.	430	40	6	0	55	600	4	<1	3	3	14	0	21	1	198	Y
Chicken Salad, Chunky with Grapes	Egg, Pecan	4 oz.	380	34	5	0	50	520	7	<1	5	2	12	0	20	1	200	Y
Chicken Salad, Cranberry Almond	Egg, Almond	4 oz.	450	38	7	0	85	250	7	1	5	0	20	0	28	1	224	Y
Chicken Salad, Homestyle	Egg	4 oz.	320	27	4	0	60	610	2	0	<1	1	16	0	20	1	16	Y
Chicken Salad, Waldorf	Tree Nuts, Egg	4 oz.	340	28	4	0	40	420	9	<1	7	3	11	0	21	1	202	Y
Cranberry Relish		4 oz.	170	0	0	0	0	0	42	2	38	29	<1	0	12	0	140	Y
Crab Seafood Salad	Milk, Soy, Eggs, Crab(Swim/Snow), Lobster, Fish(Pollock)	4 oz.	210	13	2	0	20	640	18	0	8	7	5	0	18	0	203	N
Deviled Egg Salad	Egg	4 oz.	280	25	5	0	270	570	5	0	4	3	9	2	50	1	129	Y
Fire Roasted Street Corn	Egg, Milk	4 oz.	200	13	2.5	0	15	520	16	3	7	0	4	0	58	1	76	Y
Four Bean Salad		4 oz.	140	5	1	0	0	580	22	3	16	15	2	0	21	1	113	Y
Garden Spiral Salad	Milk, Wheat	4 oz.	200	8	1	0	0	480	26	2	3		4	0	10	0	66	N
Garlic Ginger Chopped Salad	Wheat, Soy, Sesame	4 oz.	130	8	1	0	0	430	14	2	9	0	1	0	38	1	225	N
Ham Salad	Egg, Milk	4 oz.	340	29	6	0	50	900	8	0	8	6	10	0	26	1	54	Y
Japanese Yakisoba Noodle Salad	Wheat, Soy, Sesame	4 oz.	210	2	0	0	0	780	43	2	9	3	7	0	38	1	143	N
Lemon Basil Brussel		4 oz.	110	5	0	0	0	400	14	3	7	4	2	0	45	1	312	Y
Lemon Orzo Salad*	Wheat, Milk, Nut (Pinenuts)	4 oz.	200	9	2.5	0	10	350	24	2	3	0	7	0	55	1	105	N
Macaroni Salad	Egg, Wheat	4 oz.	250	12	1.5	0	10	530	33	1	11	6	3	0	8	1	61	N
Mediterranean Greek Veggie*	Milk	4 oz.	90	7	1.5		<5	210	5	<1	2		2	0	45	1	173	Y
Peppercorn Asiago Ranch	Milk, Wheat	4 oz.	280	21	5	0	25	390	17	2	3	0	5	0	29	1	45	N
Potato Salad, Creamy Red	Egg	4 oz.	260	19	3.5	0	75	420	17	2	1		4	0	32	1	377	Y

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Potato Salad, Deviled Egg	Egg	4 oz.	250	20	3.5	0	140	540	12	<1	4	3	6	1	35	1	344	Y
Potato Salad, Grandmas*	Milk	4 oz.	140	3.5	1	0	<5	220	25	1	11	9	2	0	10	0	248	Y
Potato Salad, Kosher	Egg	4 oz.	250	18	3.5	0	60	370	19	1	3		3	0	15	0	334	Y
Potato Salad, Twice Baked	Milk, Egg	4 oz.	230	16	4.5	0	25	320	16	1	2		4	0	55	0	331	Y
Slaw, Asian Toasted Almond	Almonds, Wheat	4 oz.	280	20	2.5	0	0	270	21	3	13		3	0	58	1	202	N
Slaw, Broccoli Crunch	Milk, Egg	4 oz.	210	13	2.5	0	10	250	20	2	14		3	0	48	1	274	Y
Slaw, Creamy	Egg, Milk	4 oz.	160	11	0	0	10	230	14	2	12	9	1	0	43	0	147	Y
Slaw, Oil & Vinegar		4 oz.	100	1	0	0	0	220	21	2	18	15	1	0	44	1	191	Y
Slaw, Poppyseed*		4 oz.	170	11	2	0	0	240	15	2	12	0	1	0	40	0	149	Y
Smokey Bacon Pesto Pasta	Milk, Wheat, Nut (Almond)	4 oz.	270	20	5	0	25	490	15	0.4	2	0	7	0	47	1	374	N
St. Louis Veggie Salad	Egg, Milk	4 oz.	200	15	3.5	0	15	85	12	2	9		2	0	33	0	241	Y
Superfood Mixed Bean	Soy	4 oz.	140	6	0	0	0	280	17	4	6	0	4	0	9	1	83	Y
Summer Corn Salad*		4 oz.	110	2.5	0	0	0	450	18	2	7	1	2	0	15	1	233	Y
Tuna Salad, Premium Albacore	Eggs, Tuna, Milk	4 oz.	260	21	3.5	0	45	400	3	0	3	2	16	4	15	0	229	Y
Watergate*	Milk, Nuts(Pecan)	4 oz.	200	12	9	0	<5	25	24	0	9	5	<1	0	8	0	32	Y