

Dierbergs Kitchen Nutrition Information - Side Dishes

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.
Side Dishes																		
Bacon & Cheddar Loaded Mashed Potatoes	Milk	4 oz	190	11	7	0	35	400	18	2	2	0	4	0	55	0	69	Y
Baked Beans		4 oz	180	1.5	0	0	< 5	370	35	3	21	9	6	0	57	2	451	Y
BBQ Texas Pit Beans**		4 oz	130	0	0	0	0	300	26	4	10	4	6	0	42	2	348	Y
Broccoli Cauliflower Medley w/ Chs Sauce*	Milk,Soy	4 oz	100	6	2.5	0	10	210	8	2	3	0	4	0	83	1	273	Y
Broccoli Rice Casserole*	Wheat, Milk	4 oz	160	8	4.5	0	25	540	17	1	2	0	7	2	249	1	184	N
Bread Stuffing, Traditional	Wheat, Soy, Milk	4 oz	220	11	3.5	0	20	750	24	2	2	0	6	0	44	1	115	N
Brown Sugar Cinn Mashed Sweet Potato	Milk	4 oz	120	2.5	1.5	0	< 5	170	22	3	9	0	2	0	59	1	5	Y
Buttery Dill Potato Wedges	Milk	4 oz	80	8	1.5	0	<5	160	0	0	1	0	1	0	15	2	454	Y
California Vegetable Blend	Milk	4 oz	160	13	2.5	0	5	240	10	2	3	0	2	0	32	0	300	Y
Cheesy Cheddar Ranch Loaded Potatoes	Milk	4 oz	220	15	9	0	50	730	16	1	2	0	6	0	120	0	19	Y
Cheesy Texas Potatoes	Milk	4 oz	160	8	4.5	0	30	400	17	1	3	0	5	0	133	0	323	Y
Cheddar Baked Scalloped Potatoes	Milk	4 oz	210	11	7	0	35	480	20	2	2	0	6	0	197	1	0	Y
Country Green Bean with Bacon	Milk	4 oz	50	2.5	0.5	0	0	520	5	3	2	0	3	0	42	1	117	Y
Cranberry & Spice Apples **		4 oz	140	0	0	0	0	40	34	2	29	18	0	0	11	0	110	Y
Fire Roasted Street Corn	Milk, Egg	4 oz	200	13	2.5	0	15	520	16	3	7	0	4	0	58	1	76	Y
Fresh & Crisp Seasoned Green Beans**		4 oz	70	2.5	0	0	0	270	9	3	4	0	2	0	41	1	234	Y
Fresh Green Bean Amantine	Milk, Nut (Almond)	4 oz	80	7	2.5	0	10	230	1	0	2		2	0	41	1	206	Y
Fresh Steamed Vegetables**		4 oz	45	0	0	0	0	40	8	3	3	0	3	0	46	1	275	Y
Fresh Vegetable Medley		4 oz	80	5	0	0	0	0	90	7	2	4	0	1	0	1	250	Y
Green Bean Casserole*	Wheat, Milk	4 oz	90	5	2.5	0	<5	410	9	2	2	0	2	0	57	1	144	N
Grilled Asparagus**		4 oz	50	2.5	0	0	0	0	5	3	3	0	3	0	33	3	276	Y
Grilled Vegetables**		4 oz	90	5	0	0	0	5	7	2	5	0	2	0	27	1	313	Y
Oven Roasted Seasoned Carrots**		4 oz	80	3.5	0.5	0	0	75	11	3	5	0	1	0	36	0	353	Y
Herb Roasted Red Skin Potatoes**		4 oz	120	4.5	0	0	0	320	18	2	1	0	2	0	21	1	498	Y
Homestyle Oven Fried Potatoes**		4 oz	140	7	1	0	0	550	17	2	1	0	2	0	14	1	459	Y
Honey Glazed Carrots**		4 oz	90	0	0	0	0	460	22	3	15	10	<1	0	35	0	320	Y
Lemon Garlic Asparagus* **		4 oz	110	9	5	0	20	150	6	2	2	0	3	0	35	2	216	Y
Lemon Herb Broccoli	Soy	4 oz	250	23	4	0	0	670	7	2	2	0	2	0	40	1	272	Y
Macaroni & Cheese, Gourmet White Cheddar	Wheat, Milk	4 oz	210	12	9	0	35	590	16	<1	3	0	10	0	217	1	89	N
Macaroni & Cheese, Gourmet Wht Chddr Ball	Wheat, Milk	4 oz	220	14	8	0	30	930	14	<1	3	0	10	0	182	1	77	N

Product Name * Denotes Seasonal Item ** Denotes Vegetarian - No Milk, Egg or Animal Products	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.
Macaroni & Cheese Balls	Wheat, Milk, Egg	6 oz	440	28	12	0	130	840	32	1	3	0	16	0	295	2	101	N
Macaroni & Cheese, Traditional	Wheat, Milk	4 oz	190	11	7	0	35	470	15	<1	2	0	9	0	175	1	69	N
Marinated Grilled Cremini Mushrooms	Wheat, Soy	4 oz	100	5	1	0	0	420	10	2	7	2	3	0	6	0	381	N
Mashed Potatoes	Milk	4 oz	180	11	7	0	30	410	19	2	< 1	0	3	0	1	0	1	Y
Parsley Garlic Shallot Linguine Noodles	Wheat, Milk	4 oz	230	10	1	0	0	640	31	2	2	0	5	0	11	2	51	N
Praline Sweet Potato Casserole*	Milk, Nut(Pecan)	4 oz	170	8	2	0	<5	170	28	3	18	12	2	0	53	1	31	Y
Risotto Balls	Wheat, Milk, Egg	1ea	240	12	5	0	35	600	26	<1	3	0	8	0	110	1	47	N
Roasted Brussels Sprout Medley**		4 oz	100	6	1	0	0	170	10	4	3		3	0	44	1	374	Y
Sundried Tomato Orzo**	Wheat	4 oz	170	4	0	0	0	320	28	2	3	0	5	0	31	2	270	N
Twice Baked Potatoes- Bacon Cheddar	Milk	11 oz	620	24	14	0	75	860	85	12	5	0	15	0	217	9	131	Y
Twice Baked Potatoes- Cheddar Ranch	Milk	11 oz	610	23	15	0	80	1820	87	12	6	0	15	0	216	9	63	Y