

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. |
|---|------------------|-------------------|----------|---------------|-------------|----------------|------------------|-------------|-------------------|-------------------|------------|------------------------|-------------|-----------------|--------------|-----------|----------------|---------------------|
| | | | | | | | | | | | | | | | | | | |
| 4-Cheese Broccoli Floretts | Milk | 4oz | 150 | 10 | 6 | 0 | 30 | 650 | 8 | 1 | 3 | 0 | 8 | 0 | 212 | 0 | 200 | Y |
| 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 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** | Soy | 4 oz | 120 | 13 | 2.5 | 0 | 0 | 310 | 0 | 0 | 0.4 | 0 | 1 | 0 | 14 | 2 | 431 | 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 |
| Corn Pudding Souffle | Milk, Wheat, Egg | 4 oz | 170 | 7 | 4 | 0 | 90 | 440 | 20 | 0.4 | 7 | 4 | 5 | 0 | 93 | 1 | 127 | N |
| 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 |
| 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 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 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 |
| Honey Glazed Carrots** | | 4 oz | 90 | 0 | 0 | 0 | 0 | 460 | 22 | 3 | 15 | 10 | <1 | 0 | 35 | 0 | 320 | Y |
| Lemon Garlic Asparagus* | Milk | 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 |
| 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 |
| 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 |

| <p>Product Name</p> <p>* Denotes Seasonal Item</p> <p>** Denotes Vegetarian - No Milk, Egg or Animal Products</p> | <p>Allergens</p> | <p>Serving Size (oz)</p> | <p>Calories</p> | <p>Total Fat (g)</p> | <p>Sat Fat (g)</p> | <p>Trans fats (g)</p> | <p>Cholesterol (mg)</p> | <p>Sodium (mg)</p> | <p>Carbohydrates (g)</p> | <p>Dietary Fiber (g)</p> | <p>Sugars (g)</p> | <p>Includes g added Sugar</p> | <p>Protein (g)</p> | <p>Vitamin D (mcg)</p> | <p>Calcium (mg)</p> | <p>Iron (mg)</p> | <p>Potassium (mg)</p> | <p>Gluten Free Ingrid.</p> |
|--|-------------------------|---------------------------------|------------------------|-----------------------------|---------------------------|------------------------------|--------------------------------|---------------------------|---------------------------------|---------------------------------|--------------------------|--------------------------------------|---------------------------|-------------------------------|----------------------------|-------------------------|------------------------------|-----------------------------------|
| 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 |
| Smoked Gouda Au gratin Potatoes | Milk | 4 oz | 190 | 12 | 8 | 0 | 35 | 620 | 13 | <1 | 2 | 0 | 8 | 0 | 48 | 0 | 252 | Y |
| Twice Baked Potatoes- Bacon Cheddar | Milk | 11 oz | 620 | 24 | 14 | 0 | 75 | 860 | 85 | 12 | 5 | 0 | 16 | 0 | 217 | 9 | 131 | Y |