

Dierbergs Deli Appetizer Nutrition Information

Appetizers	Serving Size	Calories	Calories from fat	Total Fat (g)	Sat Fat (g)	Trans fats (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Gluten Free Ingrid.	Allergens
Brie En Croute, Plain	1 oz.	121	87	9.7	3.2	0	14	104	4.5	0.1	0	4	N	Milk, Egg
Brie En Croute, Caramel Apple	1 oz.	104	77	8.2	2.9	0	14	92.1	4.2	0.2	1	3.5	N	Milk, Egg, Pecans
Brie En Croute, Cranberry	1 oz.	98	70	7.7	2.9	0	14	86.8	3.8	0.2	1	3.5	N	Milk, Egg, Walnuts
Cannelloni Bites, Beef & Pork w/ Marinara	4 oz.	222	56	6.2	2.3	0	45	674	27	2	3	13	N	Wheat, Milk, Egg
Cannelloni Bites, Chicken Artichoke w/ Marinara	4 oz.	213	56	6	2.7	0	27	737	26	2	3	12	N	Wheat, Milk, Egg
Cheese Ball, Cheddar Ranch	1 oz.	117	97	11	4.5	0	21	269	1.4	0.5	1	4.4	Y	Milk, Pecans
Cheese Ball, Double Chocolate	1 oz.	108	71	7.9	4.5	0	20	59	8.4	0.3	4	1.3	Y	Milk
Cheese Ball, New York Cheesecake	1 oz.	101	68	7.6	4.2	0	23	105	7	0.1	5	1.5	N	Wheat, Milk
Cheese Ball, Jalapeno Cheddar Ranch	1 oz.	111	88	9.8	4	0	20	187	1.4	0.4	1	4.2	Y	Milk, Pecans
Cheese Ball, Pumpkin	1 oz.	119	98	10.9	4.2	0	20	54.1	4.9	0.7	4	1.4	Y	Milk, Pecans
Cheese Ball, Peanut Butter	1 oz.	113	75	8.4	4	0	18	77.8	8.8	0.5	7	2	N	Wheat, Milk, Soy, Nut (Peanut)
Chicken Bites, Coconut	3 oz.	203	103	11.5	4.4	0	32	342	10	0.8	4	12	N	Wheat, Egg, Coconut
Chicken Bites, Coconut w/ Sweet 'n Sour	3 oz.	194	79	8.8	2.9	0	24	323.5	19	0.6	11	7.8	N	Wheat, Egg, Coconut, Soy
Chicken Bites, Parmesan	3 oz.	156	65	7.2	2.6	0	38	432.2	4.6	0.1	1	15	N	Wheat, Milk, Egg
Chicken Bites, Parmesan w/ Marinara	3 oz.	143	62	6.9	1.9	0	26	424.1	6.6	0.4	3	11	N	Wheat, Milk, Egg
Chicken Naked Bites, Buffalo	4 oz.	163	87	9.6	1.5	0	36	1043	4.7	0.1	0	14	Y	Soy
Chicken Naked Bites, Honey BBQ	4 oz.	190	58	6.4	1.1	0	36	605.6	19	0	13	14	Y	
Chicken Naked Bites, Mango Chipotle	4 oz.	206	58	6.4	1.1	0	36	627.4	23	0	3	14	Y	
Chicken Naked Bites, Plain	2 oz.	90	40	4.5	0.8	0	25	240	2.5	0	0	9.5	Y	
Chicken Naked Bites, Sweet Thai Chili	4 oz.	205	58	6.4	1.1	0	36	637.4	15	0	12	14	Y	
Chicken Satay Skewers, Plain	3 oz	104	10	1.1	0.3	0	49	512.8	0.6	0	0	21	Y	Milk
Chicken Satay Skewers, Sesame Teriyaki	3 oz	114	7	0.8	0.2	0	37	662.5	9.1	0	6	15	N	Wheat, Milk, Wheat, Soy
Chicken Satay Skewers, Thai Peanut	3 oz	136	30	3.3	0.6	0	37	570.9	8.2	0.3	6	17	N	Wheat, Milk, Wheat, Soy
Chicken Strips, Coconut	4 oz.	223	75	8.3	4.8	0	116	170	15	1.6	1	21	N	Wheat, Egg, Coconut
Garlic Cheese Bread	2 oz.	241	142	15.8	5.1	0	45	439.5	16	0.9	6	8.5	N	Wheat, Milk, Egg, Soy
Meatball, Jalapeno Cheddar Sausage	4 oz.	314	230	26	10	0	76	496	2	0	0	17	Y	Milk
Meatball, Jalapeno Cheddar Sausage w/ Sauce	4 oz.	299	163	18	7	0	52	741	19	0	16	12	Y	Milk
Meatballs w/ Marinara	1 oz.	66	44	4.9	1.5	0	9.2	136	2.3	0.5	1	3.1	N	Wheat, Milk, Soy
Meatballs w/ BBQ	1 oz.	71	4	3.8	1.3	0	8.5	184.4	6.5	0.4	5	2.6	N	Wheat, Milk, Soy

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Meatballs w/ Mango Chipotle Glaze	1 oz.	80	43	4.8	1.7	0	11	177	5.8	0.5	1	3.4	N	Wheat, Milk, Soy
Mushrooms, Asiago Stuffed	1 ea.	80	51	5.7	2.5	0	12	289	3.5	1.4	1	2.5	Y	Milk, Egg
Mushrooms, Florentine Stuffed	1 ea.	71	50	5.5	1.8	0	19	313.2	3.5	0.3	1	5.1	Y	Milk
Mushrooms, Italian Sausage Stuffed	1 ea.	137	77	8.6	3.8	*	20	280	3.6	0.3	1	5.2	Y	Milk
Mushrooms, Crab Stuffed	1 ea.	68	48	5.3	2.1	0	13	233.5	3.1	0.1	1	1.5	N	Wheat, Milk, Egg, Soy, Fish
Mushrooms, Variety Pack	1 ea.	78	53	5.9	2.3	0	14	239	3	1	2	3	N	Wheat, Milk, Egg, Soy, Fish
Platter, Tempura Chicken, Asian Teriyaki	3 OZ.	161	63	7	1.2	0	14	925.1	7.2	0.1	9	6.8	N	Wheat, Soy
Platter, Tempura Chicken, General Tso	3 oz.	186	61	6.8	1.2	0	14	378.4	26	0.3	17	6.2	N	Wheat, Soy
Platter, Tempura Chicken, Mango Chipotle	3 oz.	189	58	6.5	1.2	0	14	508	27	0	3	5.6	N	Wheat, Soy
Platter, Tempura Chicken, Sweet Thai chilli	3 oz.	187	58	6.5	1.2	0	14	591	24	0	16	5.6	N	Wheat, Soy, Milk
Potato Skins, Buffalo w/ Ranch	1 ea.	228	146	16.2	5.4	0.8	36	609	10	1.8	1	9.6	Y	Milk
Potato Skins, Loaded w/ Sour Cream	1 ea.	183	112	12.4	7.3	0.8	33	308	8.9	1.2	0	7.7	Y	Milk
Potato Skins, Loaded w/ Chipotle Ranch	1 ea.	198	116	13	6.6	0.8	27	423	11	1.2	1	8	Y	Milk
Potato Skins, Bob's BBQ w/ Pork	1 ea.	165	64	7	4	0.7	28	300	16	1.2	8	9	Y	Milk
Potato Skins, Bob's BBQ w/ Pork & Coleslaw	1 ea.	203	92	10	4	0.6	31	293	17	1.4	9	11	Y	Milk
Potato Skins, Bob's BBQ w/ Chicken	1 ea.	134	37	4	1.8	1	19	394	18	1.7	7	7	Y	Milk
Potato Skins, Bob's BBQ w/ Chicken & Coleslaw	1 ea.	177	69	7.6	3	0.6	28	544	18	1.6	10	8.8	Y	Milk
Pretzel Stick w/ Nacho Cheese	1 ea.	183	22	2.4	0.5	0	0	448	33	1	1	6	N	Wheat, Soy, Milk
Pretzel Stick w/ Honey Mustard	1 ea.	236	65	7.3	0.8	0	3.6	451	35	1	3	6	N	Wheat
Quesadilla, Chicken	4 oz.	241	112	12.5	6.6	0	44	408	18	1.5	2	15	N	Wheat, Milk, Soy
Quesadilla Platter, Chicken	4 oz.	313	184	20.4	7.4	0	46	403.7	16	1	2	13	N	Wheat, Milk, Soy
Ravioli, Buffalo Chicken w/ Ranch	4 oz.	348	137	15.2	2.8	0	44	445	36	5	1	12	N	Wheat, Milk, Egg, Soy
Ravioli, Jalapeno Cream Cheese w/ Ranch	4 oz.	320	131	15	6	0	34	669	37	1.7	2	9.2	N	Wheat, Milk, Egg
Ravioli, Spinach Artichoke w/ Marinara	4 oz.	201	39	4.3	2	0	15	653	32	2	3	8	N	Wheat, Milk, Egg
Tempura Battered Chicken, Mango Chipotle	4 oz.	249	90	10	1.8	0	22	626.3	31	0	3	8.6	N	Wheat, Soy
Tempura Battered Chicken, Teriyaki	4 oz.	233	97	10.8	1.9	0	22	735.4	24	0.1	11	9.5	N	Wheat, Soy
Tempura Battered Chicken, Sweet Thai Chili	4 oz.	247	90	10	1.8	0	22	708.4	28	0	16	8.6	N	Wheat, Soy
Tempura Battered Chicken, General Tso	4 oz.	246	93	10.4	1.8	0	22	498.2	30	0.3	17	9.2	N	Wheat, Soy
Ravioli, Toasted w/ Marinara	4 oz.	294	133	15	2.7	0	18	630	32	1.7	3	8.4	N	Wheat, Milk, Egg, Soy

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Wings, Boneless	2 oz.	56.7	30	3.3	0.6	0	26	166	0.2	0	0	9	N	Wheat, Milk, Egg, Soy
Wings, Boneless with Honey Mustard	2 oz.	89	58	6.4	1	0	24	189	2	0	2	7.2	N	Wheat, Milk, Egg, Soy
Wings, Boneless with Honey BBQ	2 oz.	64	22	2.4	0.4	0	19	227	6.2	0	6	6	N	Wheat, Milk, Egg, Soy
Wings, Boneless with Buffalo Hot Sauce	2 oz.	58	36	4	0.7	0	19	467	0.7	0	1	6.2	N	Wheat, Milk, Egg, Soy
Wings, Boneless with Mango Chipotle	2 oz.	79	22	2.4	0.4	0	19	260	10	0	2	6	N	Wheat, Milk, Egg, Soy
Wings, Boneless with Sweet Thai Chili	2 oz.	79	23	2.5	0.4	0	19	301	8	0	8	6.4	N	Wheat, Milk, Egg, Soy
Wings, Boneless with Sesame Teriyaki	2 oz.	71	25	2.8	0.5	0	19	315	6	0	6	7	N	Wheat, Milk, Egg, Soy
Wings, Savory Breaded with BBQ	1 ea.	38	31	4.25	2.5	0	30	311	9.1	0	5	4.5	N	Wheat, Egg
Wings, Savory Breaded with Buffalo	1 ea.	71	41	4.6	1.2	0	24	405	2.5	0	1	4.6	N	Wheat, Egg, Milk
Wings, Savory Breaded with Mango Chipotle	1 ea.	84	32	3.5	1	0	24	254	8.6	0	5	4.6	N	Wheat, Egg
Wings, Savory Breaded with Sesame Teriyaki	1 ea.	81	34	3.8	1.1	0	24	298.3	6.4	0	4	4.8	N	Wheat, Egg, Soy
Wings, Savory Breaded with Sweet Thai Chili	1 ea.	88	31	3.5	1	0	24	298	8.2	0	6	5.6	N	Wheat, Egg