

Dierbergs Kitchen Nutrition Information - Appetizers

Product Name

**** Denotes Vegetarian -
No Milk, Egg or Animal Products**

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.

Allergens

Appetizers

Brie En Croute, Plain*	1 oz	110	9	4	0	15	105	3	0	0	0	4	0	65	0	0	N	Wheat, Milk, Egg, Soy
Brie En Croute, Caramel Apple*	1 oz	100	8	3.5	0	15	90	4	0	1	0	4	0	60	0	8	N	Wheat, Milk, Egg, Soy
Brie En Croute, Cranberry*	1 oz	90	7	2.5	0	15	70	4	0	2	0	3	0	56	0	17	N	Wheat, Egg, Milk, Soy
Cannelloni Bites, Beef/Pork w/ Marinara	4 oz	220	6	2.5	0	45	670	27	2	3	0	13	0	57	1	1	N	Wheat, Egg, Milk, Soy
Cannelloni Bites, Chicken/Art w/ Marinara	4 oz	210	6	2.5	0	25	740	27	2	3	0	12	0	137	1	1	N	Wheat, Egg, Milk, Soy
Cheese Ball, Bacon Poblano Smk Gouda	1 oz	100	9	5	0	25	170	2	0	<1	0	3	0	11	0	38	Y	Milk
Cheese Ball, Cheddar Ranch	1 oz	120	11	4.5	0	20	260	2	0	<1	0	4	0	98	0	33	Y	Milk, Egg, Nut (Pecan)
Cheese Ball, Double Chocolate*	1 oz	110	7	5	0	20	70	8	0	4	3	1	0	1	0	32	Y	Milk, Soy
Cheese Ball, Jalapeno Cheddar Ranch	1 oz	110	10	3.5	0	20	210	1	0	<1	0	4	0	115	0	32	Y	Milk, Nut (Pecan)
Cheese Ball, Pumpkin*	1 oz	120	11	4	0	20	55	5	<1	4	3	1	0	22	0	60	Y	Milk, Nut (Pecan)
Cheese Ball, Peanut Butter*	1 oz	120	8	4	0	15	70	9	0	7	5	2	0	18	0	67	Y	Soy, Peanut
Chicken Naked Bites, Buffalo	4 oz	150	10	1.5	0	30	1590	4	0	0	0	11	0	5	0	3	Y	Milk
Chicken Naked Bites, Honey BBQ	4 oz	170	5	1	0	30	560	20	0	12	11	11	0	11	1	23	Y	
Chicken Naked Bites, Mango Chipotle	4 oz	210	5	1	0	30	680	30	0	3	2	11	0	2	0	4	Y	
Chicken Naked Bites, Sweet Thai Chili	4 oz	170	5	1	0	30	700	19	0	16	12	11	11	0	0	0	Y	
Chicken Naked Bites, Teriyaki	4 oz	180	5	1	0	30	870	21	0	13	8	11	6	0	0	0	N	Wheat, Soy
Chicken Tenders, Honey BBQ	1 sv	450	14	1.5	0.5	55	19.6	56	0	14	11	25	0	11	1	23	N	Wheat, Milk
Chicken Tenders, Honey Mustard	1 sv	580	32	4	1	65	1960	47	0	9	7	25	0	5	0	8	N	Milk, Wheat, Egg
GF, Brie, Gorgonzola Walnut Grape Cups	1 pc	60	4	2	0	10	95	5	0	<1	0	2	0	23	0	24	N	Milk, Wheat
GF, Grilled Chicken Skewers, Buffalo	1 pc	35	1.5	0	0	10	410	0.4	0	0	0	4	0	0	1	0	Y	Milk
GF, Grld Chicken Skewers, Mango Chipotle	1 pc	50	0.5	0	0	10	220	6	0	0.4	0	4	0	0	0	1	Y	
GF, Grld Chicken Skewers, Teriyaki	1 pc	40	0.5	0	0	10	260	4	0	3	0	4	0	0	0	0	N	Soy, Wheat
GF, Grld Chicken Skewers, Thai Chili	1 pc	45	0.5	0	0	10	240	5	0	5	1	4	0	0	1	0	Y	
GF, Loaded Potato Fritters w/ Ranch	4 oz	280	19	6	0	50	760	17	0	0	0	9	0	13	0	11	Y	Milk, Egg, Soy
GF, Loaded Potato Skins w/ SC	1 pc	180	13	7	1	40	240	10	1	2	0	7	0	130	0	189	Y	Milk
GF, Mini BBQ Beef Sliders	1 ea	410	9	1	0	40	900	57	2	18	3	27	0	22	13	273		Wheat, Milk, Egg, Soy, Sesame Seed

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GF, Mini BBQ Chicken Sliders	1 ea	410	8	0	0	50	910	57	2	18	3	26	0	16	13	282	N	Wheat, Milk, Egg, Soy, Sesame Seed
GF, Mini BBQ Pork Sliders	1 ea	440	13	4.5	0	60	1040	54	0	17	3	26	0	163	2	14	N	Wheat, Milk, Egg, Soy, Sesame Seed
GF, Mini Mac Bites	1 ea	100	6	2.5	0	30	180	7	0	<1	0	4	0	64	0	22	N	Wheat, Milk
GF, Mini Caprese Filo Cup	1 ea	70	4.5	1.5	0	5	90	6	0	<1	0	2	0	43	0	14	N	Wheat, Milk
GF Mini Pretzel Sticks w/ Cheese Sauce	1 pc	190	3.5	1.5	0	<5	490	33	1	1	0	7	0	68	2	0	N	Wheat, Milk, Soy
GF, Mini Pretzel Sticks w/ Honey Mustard	1 pc	230	7	0.5	0	<5	460	35	1	3	2	6	0	22	2	3	N	Wheat, Milk, Egg, Soy
GF, Pineapple Chicken Skewer, Thai Chili	1 pc	60	0	0	0	15	230	9	<1	8	0	5	0	5	0	59	Y	
GF, Risotto Bites w/ Marinara	1 ea	80	4	1.5	0	10	220	8	0	<1	0	2	0	35	0	11	N	Wheat, Milk, Egg
GF, Smoked Chicken Wings	4 oz	270	13	3.5	0	55	624	21	0	17	8	13	0	6	1	20	Y	
Meatballs w/ Marinara	1 oz	70	5	1.5	0	10	135	2	<1	1	0	3	0	17	0	4	N	Wheat, Soy, Milk
Meatballs w/ BBQ	1 oz	70	4	1.5	0	10	180	7	0	5	1	3	0	11	0	0	N	Wheat, Soy, Milk
Mozzarella Sticks w/ Marinara	2 pcs	140	6	3	0	10	500	14	2	3	0	8	0	163	0	2	N	Wheat, Milk, Egg, Soy
Smoked Chicken Wings, Asian Teriyaki	4 oz	250	12	3	0	45	1320	26	0	20	16	10	0	6	1	29	N	Wheat, Soy
Smoked Chicken Wings, Brn Sugar	4 oz	270	16	4	0	60	500	18	0	14	12	13	0	3	1	9	Y	
Smoked Chicken Wings, Buffalo	4 oz	240	14	3	0	45	1340	19	0	14	2	10	0	10	1	57	Y	Milk
Smoked Chicken Wings, Mango Chipotle	4 oz	270	12	3	0	45	1060	30	0	16	1	10	0	8	1	34	Y	
Smoked Chicken Wings, Swt Thai Chili	4 oz	260	12	3	0	45	1120	28	0	24	19	10	0	7	1	32	Y	
Potato Skins, Loaded w/ Sour Cream	1 pc	140	10	5	1	30	160	9	1	2	0	5	0	93	0	178	Y	Milk
Potato Skins, Loaded w/ Chipotle Ranch	1 pc	140	7	3.5	0	20	270	15	1	1	0	7	0	79	0	246	Y	Milk, Egg
Pretzel Stick w/ Cheese	1 pc	190	3.5	1.5	0	<5	490	33	1	1	0	7	0	68	2	0	N	Wheat, Milk, Soy
Pretzel Stick w/ Honey Mustard	1 pc	230	7	0.5	0	<5	460	35	1	3	2	6	0	22	2	3	N	Wheat, Milk, Egg, Soy
Quesadilla, Chicken	4 oz	240	13	7	0	60	900	17	1	3	0	14	0	228	2	99	N	Wheat, Milk
Ravioli, Jalapeno Cream Cheese w/ Ranch	4 oz	320	15	6	0	35	700	37	2	2	0	9	0	88	1	5	N	Wheat, Milk, Soy, Egg
Ravioli, Spinach Artichoke w/ Marinara	4 oz	200	4.5	2	0	15	650	32	2	3	0	8	0	100	1	1	N	Wheat Milk, Soy, Egg
Ravioli, Toasted w/ Marinara	4 oz	300	15	3	0	20	640	33	2	3	0	9	0	39	1	3	N	Wheat, Milk, Egg, Soy
Wings, Boneless-General Tso	4 oz	250	14	2	0	2	630	24	0	11	11	9	0	1	1	1	N	Wheat, Soy
Wings, Boneless-Mango Chipotle BBQ	4 oz	230	9	1.5	0	20	710	30	0	8	4	7	0	2	0	17	N	Wheat
Wings, Boneless-Orange	4 oz	210	8	1.5	0	20	540	27	0	16	12	7	0	0	0	0	N	Wheat

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Wings, Boneless-Plain	4 oz	240	14	2.5	0	30	480	16	0	1	0	12	0	0	0	0	0	N	Wheat
Wings, Boneless-Honey Mustard	2 oz	90	6	1	0	25	190	2	0	2	1	7	0	1	0	1	1	N	Milk, Egg, Wheat
Wings, Boneless- Honey BBQ	2 oz	70	2.5	0	0	20	230	6	0	6	2	6	0	0	0	0	0	N	Wheat
Wings, Boneless-Buffalo Hot Sauce	4 oz	190	13	2	0	20	1590	11	0	1	0	7	0	5	0	3	3	N	Wheat, Milk
Wings, Boneless-Mango Chipotle	4oz	250	10	2	0	20	630	31	0	3	3	9	0	0	0	0	0	N	Wheat
Wings, Boneless-Sweet Thai Chili	4 oz	230	10	2	0	20	720	28	0	17	0	8	0	0	0	0	0	N	Wheat
Wings, Boneless-Sesame Teriyaki	4 oz	230	11	2	0	20	740	24	0	11	9	9	0	9	0	43	43	N	Wheat, Soy
Wings, Classic-Plain	4oz	250	19	4.5	0	70	430	4	0	0	0	16	0	0	1	0	0	Y	
Wings, Classic-BBQ	4oz	230	14	3	0	50	500	15	0	9	8	11	0	8	1	16	16	Y	
Wings, Classic-Buffalo	4oz	220	17	4	0	55	990	4	0	0	0	13	0	3	1	1	1	Y	Milk
Wings, Classic- Mango Chipotle	4oz	240	15	3.5	0	55	560	14	0	4	0	13	0	1	1	8	8	Y	
Wings, Classic-Sesame Teriyaki	4oz	240	15	3.5	0	55	630	12	0	6	0	13	0	0	1	0	0	N	Wheat, Soy
Wings, Classic-Sweet Thai Chili	4oz	250	19	4.5	0	70	440	5	0	<1	0	16	0	0	1	0	0	Y	