

Dierbergs Kitchen Nutrition Information - Dips & Spreads																		
Product Name	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
Dips & Spreads																		
Baked Jalapeno Artichoke Dip	1 oz	94	8	4	0	14	273	2	0	1	0	3	0	81	0	1	Y	Milk, Egg
Baked Seafood Crab Dip	1 oz	100	8	5	0	25	270	3	0	1	0	3	0	40	0	34	N	Milk, Fish(Pollockk),Shellfish (Crab), Wheat
Baked Spinach Artichoke Dip	1 oz	70	7	3.5	0	15	125	1	0	<1	0	2	0	23	0	16	Y	Milk, Egg
Buffalo Chicken Hot Dip	1 oz	60	6	2	0	15	210	<1	0	<1	0	3	0	27	0	11	Y	Milk, Egg
Buffalo Chicken Cheese Layered Dip	1 oz	50	4	2	0	15	260	<1	0	<1	0	4	0	37	0	8	Y	Milk
Caramelized Onion Dip	1 oz	70	6	2.5	0	15	220	3	0	<1	0	<1	0	25	0	0	Y	Milk, Egg
Buttermilk Ranch Dip	1 oz	130	14	2.5	0	10	200	<1	0	<1	0	<1	0	14	0	12	Y	Milk, Egg
Cheddar Pecan Spread	1 oz	130	13	4	0	20	180	1	0	<1	0	4	0	79	0	4	Y	Milk, Egg
Cheddar Ranch Cheese Spread	1 oz	60	4	2	0	15	130	4	0	2	0	<1	0	35	0	10	Y	Milk
Chipotle Cheese Baked Dip	1 oz	70	6	2.5	0	10	180	3	0	<1	0	2	0	48	0	20	Y	Milk, Egg
Chipotle Sweet Potato Hummus	1 oz	50	3.5	0	0	0	110	5	<1	<1	0	<1	0	5	0	33	Y	
Dill Dip	1 oz	110	11	3	0	20	170	2	0	2	0	<1	0	37	0	30	Y	Milk, Egg
Fiesta Black Bean Layered Dip	1 oz	45	3	2	0	10	140	2	<1	1	0	2	0	50	0	13	Y	Milk
Firecracker Cheddar Jalapeno Popper	1 oz	119	11	5	0	22	282	1	0	1	0	3	0	46	0	23	Y	Milk, Egg
Five Layer Taco Dip	1 oz	45	3	1.5	0	10	130	3	1	<1	0	2	0	37	0	35	Y	Milk
Cheeseball, Seafood Crab w/ Pecans	1 oz	90	8	3	0	15	150	3	0	1	0	2	0	4	0	49	Y	Milk, Nut (Pecan), Fish(Pollockk),Shellfish (Crab)
Jalapeno Cheddar Ranch Cheese Spread	1 oz	90	8	3.5	0	20	250	1	0	<1	0	4	0	115	0	19	Y	Milk, Egg
Jalapeno Pimento Cheese Spread	1 oz	120	12	3.5	0	15	250	3	0	2	2	3	0	63	0	7		Milk, Egg
Mini Fiesta Layer Dip	1 oz	45	3	2	0	10	140	2	<1	1	0	2	0	50	0	13	Y	Milk
Mini 5-Layer Dip	1 oz	45	3	1.5	0	10	130	3	1	<1	0	2	0	37	0	35	Y	Milk
Mixed Olive Tapenade	1 oz	45	3.5	0	0	0	280	2	1	0	0	0	0	10	1	8	Y	
Pepper Jack Poblano Dip	1 oz	80	8	3	0	15	160	2	0	0	0	2	0	37	0	32	Y	Milk, Egg
Pimento Cheese Spread	1 oz	130	12	4	0	20	260	3	0	2	2	3	0	68	0	7	Y	Milk, Egg
Ranch Cheese Spread	1 oz	100	9	4.5	0	25	270	1	0	0	0	5	0	154	0	20	Y	Milk, Egg
Roasted Red Pepper Herb & Feta	1 oz	70	6	4	0	19	153	1	0	1	0	2	0	27	0	29	Y	Milk

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Seafood Layered Dip	1 oz	50	3.5	2	0	10	140	3	0	1	1	2	0	10	0	30	N	Milk, Fish(Pollockk),Shellfish (Crab)
Smoked Gouda Spread	1oz	103	9	4	0	18	267	1	0	1	0	2	0	55	0	26	Y	Milk, Egg
Southwest Fiesta Dip	11 oz	40	3.5	2.5	0	15	150	2	0	2	0	<1	0	2	0	7	Y	Milk
Spinach Dip	1 oz	70	7	1.5	0	10	270	2	0	1	0	<1	0	25	0	44	Y	Milk, Soy
Torte, Apricot Goat	1 oz	99	6	3	0	15	121	8	1	7	0	2	0	11	0	79	Y	Milk
Torte, Brie & Gorgonzola Layered	1 oz	130	11	6	0	26	152	1	0	0	0	4	0	40	0	41	Y	Milk, Nut (walnut)
Torte, Honey Craisin	1 oz	138	11	5	0	22	106	8	1	6	3	1	0	5	0	27	Y	Nut (Pecan), Milk,