

Dierbergs Kitchen Nutrition Information - Salads																		
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
Salads																		
Ambrosia Salad	4 oz.	170	8	6	0	25	70	21	<1	17	1	2	0	43	0	12	Y	Milk, Coconut
Apple Waldorf Salad (Seasonal)	4 oz.	170	10	3	0	15	45	19	1	16	0	<1	0	23	0	130	Y	Milk, Egg
Asian Noodle*	4 oz.	120	0	0	0	0	420	26	1	10		2	0	15	1	117	N	Wheat, Soy
Broccoli Cheddar Pasta Salad	4 oz.	310	19	5	0	20	210	28	<1	13	11	6	0	83	1	77	N	Wheat, Milk, Egg
Broccoli Grape Salad	4 oz.	250	19	4	0	20	170	15	2	11	7	4	0	43	1	232	Y	Milk, Egg, Almonds
Cappellini Asiago	4 oz.	250	14	4	0	15	370	23	2	<1	0	7	0	12	1	63	N	Milk, Wheat
Caprese Pasta Salad	4 oz.	200	11	1.5	0	0	140	22	1	4	1	4	0	19	1	168	N	Wheat, Milk, PineNuts
Caprese Pasta Salad- Fresh Mozzarella	4 oz.	190	10	2	0	<5	130	20	1	3	1	4	0	17	1	149	N	Milk, Pineuts, Wheat
Caprese Mozzarella Salad Stack	1stak	170	13	3.5	0	15	390	8	0	6		4	0	106	0	56	Y	Milk
Cauliflower Crunch Salad	4 oz.	160	9	2	0	5	125	16	2	12	7	3	0	40	1	298	Y	Milk, Egg
Chicken Salad, Chunky	4 oz.	430	40	6	0	60	340	4	<1	3	3	15	0	21	1	228	Y	Egg, Pecan
Chicken Salad, Chunky with Grapes	4 oz.	390	34	5	0	55	300	6	<1	5	2	13	0	19	1	226	Y	Egg, Pecan
Chicken Salad, Cranberry Almond	4 oz.	450	38	7	0	85	250	7	1	5		20	0	28	1	224	Y	Egg, Almond
Chicken Salad, Fruit & Nut	4 oz.	420	36	5	0	55	300	13	2	10	2	13	0	27	1	280	Y	Egg, Almonds, Pecans
Chicken Salad, Homestyle	4 oz.	300	26	5	0	75	230	<1	0	0		16	0	7	1	74	Y	Egg
Corn, Black Bean & Edamame Salad	4 oz.	150	8	1	0	0	260	14	4	5	2	5	0	34	2	235	Y	Soy
Cranberry Relish	4 oz.	170	0	0	0	0	0	42	2	38	29	<1	0	12	0	140	Y	
Crab Seafood Salad	4 oz.	210	13	2	0	20	640	18	0	8	7	5	0	18	0	203	N	Milk, Soy, Eggs, Crab, Lobster, Fish
Creamy Caramel Pecan Apple Dream	4 oz.	210	10	7	0	15	70	27	1	21	5	2	0	18	0	117	Y	Milk, Nuts(Pecan), Egg
Cucumber Dill Salad (Seasonal)	4 oz.	90	7	2	0	15	270	6	0	3	0	1	0	33	0	116	Y	Milk, Egg
Deviled Egg Salad	4 oz.	280	25	5	0	270	570	5	0	4	3	9	2	50	1	129	Y	Egg
Four Bean Salad	4 oz.	140	5	1	0	0	580	22	3	16	15	2	0	21	1	113	Y	
Garden Spiral Salad	4 oz.	200	8	1	0	0	480	26	2	3		4	0	10	0	66	N	Milk, Wheat
Greek Veggie Pasta	4 oz.	190	12	2.5	0	10	540	18	<1	3		3	0	34	1	61	N	Milk
Ham Salad	4 oz.	360	31	5	0	50	990	9	0	8	7	10	0	24	1	23	Y	Egg
Lemon Orzo Salad (Seasonal)	4 oz.	200	9	2.5	0	10	350	24	2	3	0	7	0	55	1	105	N	Wheat, Milk, Nut (Pinenuts)
Macaroni Salad	4 oz.	250	12	1.5	0	10	530	33	1	11	6	3	0	8	1	61	N	Egg, Wheat

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Mediterranean Greek Veggie (Seasonal)	4 oz.	90	7	1.5		<5	210	5	<1	2		2	0	45	1	173	Y	Milk
Peppercorn Asiago Ranch	4 oz.	280	21	5	0	25	390	17	2	3	0	5	0	29	1	45	N	Milk, Wheat
Pesto Pasta (Seasonal)	4 oz.	240	13	2.5	0	<5	270	25	2	<1		7	0	78	1	104	N	Wheat, Milk, Soy
Pickled Beets	4 oz.	80	0	0	0	0	170	18	<1	13	2	<1	0	12	0	131	Y	
Potato Salad, Creamy Red	4 oz.	260	19	3.5	0	75	420	17	2	1		4	0	32	1	377	Y	Egg
Potato Salad, Grandmas	4 oz.	140	3.5	1	0	<5	220	25	1	11	9	2	0	10	0	248	Y	Milk
Potato Salad, Kosher	4 oz.	250	18	3.5	0	60	370	19	1	3		3	0	15	0	334	Y	Egg
Potato Salad, Twice Baked	4 oz.	230	16	4.5	0	25	320	16	1	2		4	0	55	0	331	Y	Milk, Egg
Pumpkin Mousse (Seasonal)	4 oz.	260	12	12	0	5	25	36	1	29	27	<1	0	31	1	118	Y	Milk
Quinoa Power (Wild West Superfood)	4 oz.	130	3	0	0	0	400	24	3	5	2	4	0	31	1	173	Y	
Slaw, Asian Toasted Almond	4 oz.	280	20	2.5	0	0	270	21	3	13		3	0	58	1	202	N	Almonds, Wheat
Slaw, Broccoli Crunch	4 oz.	210	13	2.5	0	10	250	20	2	14		3	0	48	1	274	Y	Milk, Egg
Slaw, Creamy	4 oz.	160	11	0	0	10	230	14	2	12	9	1	0	43	0	147	Y	Egg, Milk
Slaw, Oil & Vinegar	4 oz.	100	1	0	0	0	220	21	2	18	15	1	0	44	1	191	Y	
Slaw, Poppyseed (Seasonal)	4 oz.	170	11	2	0	0	240	15	2	12	0	1	0	40	0	149	Y	
Smokey Bacon Pesto Pasta	4 oz.	270	20	5	0	25	490	15	0.4	2	0	7	0	47	1	374	N	Milk, Wheat, Nut (Almond)
St. Louis Veggie Salad	4 oz.	200	15	3.5	0	15	85	12	2	9		2	0	33	0	241	Y	Egg, Milk
Superfood Mixed Bean	4 oz.	140	6	0	0	0	280	17	4	6	0	4	0	9	1	83	Y	Soy
Summer Corn Salad (Seasonal)	4 oz.	110	2.5	0	0	0	450	18	2	7	1	2	0	15	1	233	Y	
Summer PineappleMango WG (Seasonal)	4 oz.	170	4.5	0	0	0	45	28	4	9	3	3	0	26	1	143	N	Wheat, Almonds,
Tuna Salad, Premium Albacore	4 oz.	260	21	3.5	0	45	400	3	0	3	2	16	4	15	0	229	Y	Eggs, Tuna, Milk
Watergate	4 oz.	200	12	9	0	<5	25	24	0	9	5	<1	0	8	0	32	Y	Milk, Nuts(Pecan)
Whole Grain Apple Cinnamon (Seasonal)	4 oz.	250	5	0	0	0	45	48	5	26	11	4	0	30	1	281	N	Wheat, Pecans Almonds