

Dierbergs Kitchen Nutrition Information - Side Dishes																		
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
* Denotes Seasonal Item																		
** Denotes Vegetarian - No Milk, Egg or Animal Products																		
Side Dishes																		
Bacon & Cheddar Loaded Mashed Potatoes	4 oz	190	11	7	0	35	400	18	2	2	0	4	0	55	0	69	Y	Milk
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	
Bourbon Glazed Apples & Craisins* **	4 oz	140	0	0	0	0	60	35	2	29	6	0	0	13	0	75	Y	Soy, Wheat
Broccoli Cauliflower Medley w/ Chs Sauce*	4 oz	100	6	2.5	0	10	210	8	2	3	0	4	0	83	1	273	Y	Milk, Soy
Broccoli Rice Casserole*	4 oz	160	8	4.5	0	25	540	17	1	2	0	7	2	249	1	184	N	Wheat, Milk
Bread Stuffing, Traditional	4 oz	220	11	3.5	0	20	750	24	2	2	0	6	0	44	1	115	N	Wheat, Soy, Milk
Brown Sugar Cinn Mashed Sweet Potato	4 oz	120	2.5	1.5	0	< 5	170	22	3	9	0	2	0	59	1	5	Y	Milk
Brussels Sprout Medley**	4 oz	100	6	1	0	0	170	10	4	3	0	3	0	44	1	374	Y	
Buttery Dill Potato Wedges	4 oz	80	8	1.5	0	<5	160	0	0	1	0	1	0	15	2	454	Y	Milk
California Vegetable Blend	4 oz	160	13	2.5	0	5	240	10	2	3	0	2	0	32	0	300	Y	Milk
Cheesy Texas Potatoes	4 oz	160	8	4.5	0	30	400	17	1	3	0	5	0	133	0	323	Y	Milk
Cheddar Baked Scalloped Potatoes	4 oz	210	11	7	0	35	480	20	2	2	0	6	0	197	1	0	Y	Milk
Creamy Scalloped Potatoes Gratin	4 oz	140	5	4	0	25	430	17	2	2	0	6	1	150	1	263	N	Wheat, Milk, Soy
Country Green Bean with Bacon	4 oz	50	2.5	0.5	0	0	520	5	3	2	0	3	0	42	1	117	Y	Milk
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 Green Bean Amandine	4 oz	80	7	2.5	0	10	230	1	0	2		2	0	41	1	206	Y	Milk, Nut (Almond)
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	4 oz	90	5	2.5	0	<5	410	9	2	2	0	2	0	57	1	144	N	Wheat, Milk
Grilled Asparagus**	4 oz	50	2.5	0	0	0	0	5	3	3	0	3	0	33	3	276	Y	
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	
Homestyle Oven Fried Potatoes**	4 oz	140	7	1	0	0	550	17	2	1	0	2	0	14	1	459	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* **	4 oz	110	9	5	0	20	150	6	2	2	0	3	0	35	2	216	Y	
Macaroni & Cheese, Gourmet White Cheddar	4 oz	210	12	9	0	35	590	16	<1	3	0	10	0	217	1	89	N	Wheat, Milk

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Macaroni & Cheese, Gourmet Wht Chddr Ball	4 oz	220	14	8	0	30	930	14	<1	3	0	10	0	182	1	77	N	Wheat, Milk
Macaroni & Cheese Balls	6 oz	440	28	12	0	130	840	32	1	3	0	16	0	295	2	101	N	Wheat, Milk, Egg
Macaroni & Cheese, Traditional	4 oz	190	11	7	0	35	470	15	<1	2	0	9	0	175	1	69	N	Wheat, Milk
Mashed Potatoes	4 oz	180	11	7	0	30	410	19	2	< 1	0	3	0	1	0	1	Y	Milk
Parsley Garlic Shallot Linguine Noodles	4 oz	230	10	1	0	0	640	31	2	2	0	5	0	11	2	51	N	Wheat, Milk
Praline Sweet Potato Casserole*	4 oz	170	8	2	0	<5	170	28	3	18	12	2	0	53	1	31	Y	Milk, Nut(Pecan)
Risotto Balls	1ea	240	12	5	0	35	600	26	<1	3	0	8	0	110	1	47	N	Wheat, Milk, Egg
Roasted Brussels Sprout Medley**	4 oz	100	6	1	0	0	170	10	4	3		3	0	44	1	374	Y	
Sundried Tomato Orzo**	4 oz	170	4	0	0	0	320	28	2	3	0	5	0	31	2	270	N	Wheat
Three Cheese Potato Gratin	4 oz	210	8	4.5	0	25	400	27	1	3	0	7	0	163	0	263	Y	Milk, Soy, Wheat
Twice Baked Potatoes	7 oz	350	17	11	0	55	640	41	3	3	0	8	0	89	0	335	Y	Milk