

Dierbergs Kitchen Nutrition Information - Meat Department EZ Meals

Product Name	Allergens	Serving Size (oz/ea)	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.
EZ Rosemary Chicken Breast		1ea	210	5	1.5	0	110	135	0	0	0	0	40	0	19	1	325	Y
EZ Mediterranean Chicken Breast		1ea	210	5	1.5	0	110	95	0	0	0	0	40	0	20	1	329	Y
EZ Three Pepper Chicken Breast	Milk	1ea	230	8	3	0	115	120	0	0	0	0	40	0	20	1	327	Y
EZ Lemon Herb Chicken Breast	Milk	1ea	230	8	3	0	115	120	0	0	0	0	40	0	21	1	330	Y
EZ Wild Garlic Chicken Breast	Milk	1ea	230	8	3	0	115	160	0	0	0	0	40	0	19	1	327	Y
EZ Cajun Chicken Breast		1ea	200	4.5	1.5	0	110	290	0	0	0	0	40	0	19	1	327	Y
EZ Bob'sRub Chicken Breast		1ea	200	4.5	1.5	0	110	160	<1	0	<1	0	40	0	20	1	310	Y
EZ Low Sodium Seasoned Chicken Breast		1ea	200	4.5	1.5	0	110	160	0	0	0	0	40	0	22	1	339	Y
EZ Fajita Chicken Breast Mix		4ea	160	4.5	1	0	70	100	4	1	2	0	27	0	21	1	307	Y
EZ Rosemary Pork Chop		1ea	240	9	3	0	115	470	0	0	0	0	40	1	12	1	829	Y
EZ White Wine Chicken Breast		1ea	200	4.5	1.5	0	110	180	<1	0	0	0	40	0	23	1	323	Y
EZ White Wine Pork Tenderloin Med		2ea	160	4.5	1.5	0	80	400	<1	0	0	0	29	0	10	1	778	Y
EZ Bob's Rub Pork Chop		1ea	230	8	2.5	0	95	500	<1	0	<1	0	40	1	13	1	831	Y
EZ Cajun Pork Chop		1ea	230	8	2.5	0	95	620	0	0	0	0	40	1	12	1	827	Y
EZ Bob's Rub Pork Tenderloin Med		2ea	160	4.5	1.5	0	80	350	<1	0	0	0	29	0	7	1	773	Y
EZ Smokey Alabama Pork Tenderloin Med		2ea	160	5	1.5	0	75	340	<1	0	0	0	28	0	7	1	746	Y
EZ Smokey Alabama Bratwurst w/ Veg		2ea	190	12	3.5	0	50	570	5	<1	2	0	15	0	6	1	70	Y
EZ Meal, Sante Fe Chicken Breast & Rice	Milk	2ea	370	9	3	0	115	810	29	3	3	1	44	0	59	2	465	Y
EZ Meal, Cajun Chicken Breast & Rice	Milk	2ea	380	9	3.5	0	115	950	32	2	3	0	43	0	44	3	519	Y
EZ Meal, Cajun Pork Chop & Rice	Milk	2ea	400	11	4	0	100	1370	32	2	3	0	44	1	38	3	1019	Y
EZ Meal, Sante Fe Pork Chop & Rice	Milk	2ea	270	11	4.5	0	100	670	3	1	1	0	41	1	29	1	921	Y
EZ Meal, White Wine Chicken & Rice	Milk	2ea	370	9	3	0	115	810	29	3	3	1	44	0	59	2	465	Y
EZ Meal, Rosemary Chicken & Rice	Milk	2ea	380	10	3	0	115	890	29	3	3	1	44	0	59	2	465	Y