

| Dierbergs Kitchen Nutrition Information - Plant-Based | | | | | | | | | | | | | | | | | | |
|---|--------------------|-------------------|----------|---------------|-------------|----------------|------------------|-------------|-------------------|-------------------|------------|------------------------|-------------|-----------------|--------------|-----------|----------------|---------------------|
| Product Name | Allergens | 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. |
| Appetizer/Dip/Spread | | | | | | | | | | | | | | | | | | |
| Cheesy Florentine Hot Baked Dip | Soy, Nut(Coconut) | 1oz | 60 | 5 | 3 | 0 | 0 | 200 | 3 | 0 | <1 | | <1 | 0 | 74 | 0 | 77 | Y |
| Fresco Mexican Dip/Sauce | Soy, Nut (Coconut) | 1oz | 60 | 5 | 2.5 | 0 | 0 | 150 | 3 | 0 | <1 | 0 | 0 | 0 | 38 | 0 | 17 | Y |
| Fresco Mexican Layered Dip | Soy, Nut (Coconut) | 1oz | 50 | 3.5 | 1 | 0 | 0 | 110 | 4 | <1 | <1 | | <1 | 0 | 19 | 0 | 30 | Y |
| Smokin Chipotle Ranch Dip | | 1oz | 170 | 18 | 1.5 | 0 | 0 | 200 | 4 | 0 | 0 | 0 | 0 | 0 | 2 | 0 | 8 | Y |
| Entrée | | | | | | | | | | | | | | | | | | |
| 100% Plant-Based Pasta Con Broccoli | Wheat | 4oz | 80 | 2 | 0 | 0 | 0 | 310 | 13 | 1 | 1 | | 3 | 0 | 38 | 1 | 90 | N |
| Asian Teriyaki Chick'n Brown Rice Stir Fry | Soy, Wheat, Sesame | 1ea | 620 | 10 | 2.5 | 0 | 0 | 1750 | 110 | 13 | 27 | 1 | 21 | 0 | 99 | 5 | 817 | N |
| Beefy Meatball & Spaghetti Bowl | Soy, Wheat | 1ea | 350 | 12 | 2 | 0 | 0 | 1090 | 57 | 5 | 11 | 3 | 13 | 0 | 187 | 4 | 240 | N |
| California Chick'n & Veggie Penne Pasta | Soy, Wheat | 1ea | 650 | 33 | 2 | 0 | 0 | 750 | 70 | 7 | 9 | 0 | 18 | 0 | 97 | 6 | 797 | N |
| Chick'n Parmesan Cutlet | Soy, Wheat | 1ea | 220 | 9 | 0.5 | 1 | 0 | 830 | 18 | 4 | <1 | 0 | 17 | 0 | 66 | 2 | 297 | N |
| Chick'n Parmesan Cutlet/Marinara | Soy, Wheat | 1ea | 250 | 11 | 0.5 | 1 | 0 | 980 | 23 | 4 | 5 | 1 | 16 | 0 | 69 | 2 | 262 | N |
| Chick'n Parmesan Spaghetti Bowl | Soy, Wheat | 1ea | 510 | 15 | 1 | 1 | 0 | 1140 | 71 | 7 | 9 | 1 | 24 | 0 | 87 | 5 | 315 | N |
| Creamy Lemon Garlic Chick'n Scaloppini | Soy, Wheat | 1ea | 100 | 3.5 | 0 | 0 | 0 | 270 | 10 | 3 | 3 | 0 | 6 | 0 | 58 | 1 | 426 | N |
| Creamy Lemon Garlic Chick'n Scaloppini | Soy, Wheat | 1ea | 230 | 13 | 1 | 22 | 0 | 930 | 17 | 3 | 1 | 0 | 14 | 0 | 59 | 2 | 273 | N |
| Grilled American Beefy Black Bean Burger | Soy, Wheat | 4oz | 120 | 2.5 | 0 | 0 | 0 | 500 | 13 | 5 | 1 | 0 | 12 | 0 | 59 | 2 | 258 | N |
| Grilled Asian Teriyaki Chick'n Veg Burger | Soy, Wheat, Sesame | 4oz | 160 | 6 | 0 | 0 | 0 | 710 | 16 | 3 | 4 | 0 | 10 | 0 | 47 | 2 | 265 | N |
| Grilled Southwest Chick'n Veggie Burger | Soy, Wheat | 4oz | 130 | 35 | 0 | 0 | 0 | 570 | 16 | 3 | 2 | 0 | 9 | 0 | 43 | 2 | 233 | N |
| Recipe Ready Beefy Taco Filling | Soy, Wheat | 4oz | 120 | 4 | 0 | 0 | 0 | 480 | 13 | 4 | 2 | 0 | 9 | 0 | 100 | 2 | 275 | N |
| Recipe Ready Chick'n Taco Filling | Soy, Wheat | 4oz | 120 | 3 | 0 | 0 | 0 | 520 | 13 | 4 | 2 | 0 | 8 | 0 | 33 | 1 | 215 | N |
| Spaghetti with Marinara | Wheat | 15oz | 620 | 22 | 2.5 | 0 | 0 | 1250 | 90 | 6 | 18 | 3 | 15 | 0 | 130 | 5 | 112 | N |
| Southwest Beefy Steet Taco Kit | Soy, Wheat | 6ea | 360 | 20 | 9 | 0 | 0 | 920 | 38 | 5 | 3 | 0 | 9 | 0 | 414 | 2 | 270 | N |
| Southwest Chick'n Street Taco Kit | Soy, Wheat | 6ea | 360 | 19 | 9 | 0 | 0 | 940 | 38 | 5 | 3 | 0 | 8 | 0 | 372 | 1 | 241 | N |
| Side | | | | | | | | | | | | | | | | | | |
| Bob's Smoked Sweet Potato Wedges* | | 4oz | 180 | 5 | 0.5 | 0 | 0 | 420 | 32 | 5 | 8 | | 2 | 0 | 46 | 1 | 496 | Y |
| Bob's Smoked Yukon Potatoes* | | 4oz | 180 | 5 | 0.5 | 0 | 0 | 310 | 30 | 3 | 4 | 3 | 3 | 0 | 16 | 1 | 722 | Y |
| Brussels Sprout Medley | | 4oz | 100 | 6 | 1 | 0 | 0 | 170 | 10 | 4 | 3 | | 3 | 0 | 44 | 1 | 374 | Y |

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|-------------------------------------|------------|-------------------|----------|---------------|-------------|----------------|------------------|-------------|-------------------|-------------------|------------|------------------------|-------------|-----------------|--------------|-----------|----------------|---------------------|
| Fresco Mini Penne | Wheat | 4oz | 160 | 5 | 1.5 | 0 | 0 | 410 | 22 | 2 | 3 | | 6 | 0 | 120 | 1 | 329 | N |
| Fresh & Crisp Green Beans | | 4oz | 70 | 2.5 | 0 | 0 | 0 | 270 | 9 | 3 | 4 | | 2 | 0 | 41 | 1 | 234 | Y |
| Fresh Steamed Vegetables | | 4oz | 45 | 0 | 0 | 0 | 0 | 40 | 8 | 3 | 3 | | 3 | 0 | 46 | 1 | 275 | Y |
| Fresh Vegetable Medley | | 4oz | 80 | 5 | 0 | 0 | 0 | 90 | 7 | 2 | 4 | 1 | 1 | 0 | 31 | 1 | 250 | Y |
| Garlic Shallot Linguini | Wheat | 4oz | 230 | 10 | 1 | 0 | 0 | 640 | 31 | 2 | 2 | | 5 | 0 | 11 | 2 | 51 | N |
| Grilled Veggies | | 4oz | 80 | 5 | 0 | 0 | 0 | 5 | 7 | 2 | 5 | | 2 | 0 | 27 | 1 | 313 | Y |
| Herb Roasted Red Skin Potatoes | | 4oz | 120 | 4.5 | 0 | 0 | 0 | 320 | 18 | 2 | 1 | | 2 | 0 | 21 | 1 | 498 | Y |
| Homestyle Oven Fried Potatoes | | 4oz | 140 | 7 | 1 | 0 | 0 | 550 | 17 | 2 | 1 | | 2 | 0 | 14 | 1 | 459 | Y |
| Roasted Carrots | | 4oz | 80 | 3.5 | 0.5 | 0 | 0 | 75 | 11 | 3 | 5 | | 1 | 0 | 36 | 0 | 353 | Y |
| Roasted Veggie Orzo | Wheat | 4oz | 150 | 8 | 1 | 0 | 0 | 530 | 17 | 1 | 2 | 0 | 3 | 0 | 31 | 1 | 137 | N |
| BBQ Texas Pit Beans | | 4 oz | 130 | 0 | 0 | 0 | 0 | 300 | 26 | 4 | 10 | 4 | 6 | 0 | 42 | 2 | 348 | Y |
| Salad | | | | | | | | | | | | | | | | | | |
| 100% Plant-Based Mock Chick'n Salad | Soy, Wheat | 4oz | 240 | 20 | 1.5 | 0 | 0 | 720 | 10 | 3 | 1 | 0 | 4 | 0 | 20 | 0 | 116 | N |
| Chopped Veggie Power Salad | | 4oz | 180 | 11 | 1 | 0 | 0 | 300 | 17 | 3 | 7 | | 3 | 0 | 32 | 1 | 218 | Y |
| Cranberry Orange Relish | | 4oz | 170 | 0 | 0 | 0 | 0 | 0 | 42 | 2 | 38 | 29 | <1 | 0 | 12 | 0 | 140 | Y |
| Corn Black Bean Edamame Salad | Soy | 4oz | 150 | 8 | 1 | 0 | 0 | 260 | 14 | 4 | 5 | 2 | 5 | 0 | 34 | 2 | 235 | Y |
| Cucumber Tomato Salad* | | 4oz | 90 | 7 | 1 | 0 | 0 | 200 | 4 | <1 | 2 | | <1 | 0 | 22 | 0 | 173 | Y |
| Four Bean Salad | | 4oz | 140 | 5 | 1 | 0 | 0 | 580 | 22 | 3 | 16 | 15 | 2 | 0 | 21 | 1 | 113 | Y |
| Pickled Beets | | 4oz | 80 | 0 | 0 | 0 | 0 | 170 | 18 | <1 | 13 | | <1 | 0 | 12 | 0 | 131 | Y |
| Quinoa Power Salad | | 4oz | 130 | 3 | 0 | 0 | 0 | 400 | 24 | 3 | 5 | 2 | 4 | 0 | 31 | 1 | 173 | Y |
| Summer Corn Salad* | | 4oz | 110 | 2.5 | 0 | 0 | 0 | 450 | 18 | 2 | 7 | 1 | 2 | 0 | 15 | 1 | 233 | Y |
| Taco Veggie Pasta Salad | Soy, Wheat | 4oz | 140 | 4.5 | 1 | 0 | 0 | 560 | 22 | 3 | 6 | | 4 | 0 | 57 | 2 | 202 | N |
| Sauces | | | | | | | | | | | | | | | | | | |
| Berry Fruit Sauce* | | 1oz | 30 | 0 | 0 | 0 | 0 | 0 | 7 | <1 | 6 | 5 | 0 | 0 | 3 | 0 | 20 | Y |
| Bourbon Sauce | Soy, Wheat | 1oz | 50 | 0 | 0 | 0 | 0 | 95 | 12 | 0 | 10 | 9 | 0 | 0 | 9 | 0 | 15 | N |
| Creamy Garlic Alfredo Sauce | | 1oz | 10 | 0 | 0 | 0 | 0 | 130 | 2 | 0 | 0 | | 0 | 0 | 3 | 0 | 2 | Y |
| Creamy Lemon Garlic Sauce | | 1oz | 10 | 0 | 0 | 0 | 0 | 120 | 2 | 0 | 0 | | 0 | 0 | 2 | 0 | 1 | Y |
| Signature Marinara Sauce | | 1oz | 35 | 2 | 0 | 0 | 0 | 135 | 4 | 0 | 2 | 0 | 0 | 0 | 6 | 0 | 3 | Y |

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| Dips/Spreads | | | | | | | | | | | | | | | | | | |
| Berry Cheesecake Fruit Dip-Salad Bar | Soy, Nut (Coconut) | 1oz | 80 | 4.5 | 2.5 | 0 | 0 | 50 | 9 | 0 | 7 | 7 | 0 | 0 | 30 | 0 | 7 | Y |
| Spicy Jalapeno Cheddar Dip/Spread | Soy, Nut (Coconut) | 1oz | 90 | 9 | 3.5 | 0 | 0 | 210 | 2 | 0 | 0 | 0 | 0.4 | 0 | 54 | 0 | 17 | Y |
| Spinach Dip | Soy, Nut (Coconut) | 1oz | 80 | 7 | 1.5 | 0 | 0 | 220 | 2 | 0.4 | 0.4 | 0 | 0 | 0 | 30 | 0 | 54 | Y |