

Salad Bar Nutrition for Dierbergs Kitchen Made Soups, Salads, Salads To Go, Dips & Misc.

Product Name	Allergens	Serving Size (oz)	Calories	Total Fat (g)	Sat Fat (g)	Trans fats (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Includes Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (Mg)	Gluten Free
Soups																		
Broccoli Cheddar	Milk	8	230	15	10	0	50	1370	13	<1	5	0	11	1	276	1	218	Y
Beef Chili		8	160	5	1.5	0	25	760	17	5	5	0	12	0	37	2	307	Y
Beef Stew	Milk	8	220	7	2	0	30	1160	23	7	4		16	0	34	2	439	Y
Chicken Noodle	Wheat, Egg	8	110	1.5	0	0	35	760	15	<1	2		8	0	16	1	55	N
Chicken Wild Rice	Milk	8	140	5	3	0	25	920	17	<1	4	0	8	1	83	1	136	Y
Chicken Corn Chowder	Milk	8	200	7	3.5	0	30	630	24	1	5	0	11	1	82	1	215	Y
Chicken Tortilla		8	130	3	0.5	0	20	620	17	2	4		8	0	33	1	86	Y
Chicken White Chili		8	200	1.5	0	0	15	870	32	7	2		15	0	109	3	502	Y
Chicken & Dumpling	Wheat, Milk	8	160	4	1	0	30	1040	25	<1	3	1	7	0	21	0	90	N
Clam Chowder	Milk, Clams	8	190	8	4	0	30	1350	19	1	8		10	1	171	1	410	Y
Ham & Beans	Milk	8	240	1.5	0.5	0	10	1470	39	8	5		16	0	92	3	606	Y
Lobster Bisque	Milk, Shellfish (Lobster)	8	268	18	12	0	56	830	16	0.3	5	0	9	1	17	1	168	Y
Spring Vegetable		8	70	0	0	0	0	610	14	2	4		2	0	26	1	293	Y
Sausage & Chicken Gumbo	Milk	8	90	4.5	1.5	0	20	520	7	<1	3		7	0	34	1	67	Y
Spicy 3 Bean Quinoa		8	110	1.5	0	0	0	900	20	5	5	1	4	0	65	2	119	Y
Twice Baked Potato	Milk	8	270	17	11	0	55	960	17	<1	3	0	11	0	219	1	284	Y
Vegetable Steak	Milk	8	120	2.5	1	0	25	650	14	2	3		10	0	32	2	317	Y
Whole Grain Wild Mushroom	Wheat, Milk	8	210	10	4	0	20	800	26	2	5		5	1	86	1	390	Y
Salad-To-Go																		
Asian Almond Chicken, Large	Wheat, Almonds	14oz	450	18	3	1	35	940	53	7	28		20	0	203	6	828	N
Asian Almond Chicken, Small	Wheat, Almonds	10.7	350	15	2.5	1	30	650	39	5	18		17	0	158	5	657	N
Athens Greek, Large	Milk	11.8	370	28	8	0	35	1220	20	6	6	0	8	0	255	4	454	Y
Bacon Spinach, Large	Milk, Egg	13	400	20	6	0	215	1390	31	4	21	17	23	1	183	6	144	Y

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Bacon Spinach, Small	Milk, Egg	8 oz	240	12	3.5	0	110	860	18	3	12	9	14	1	112	4	88	Y
Chef, Large	Milk, Egg	16	760	64	20	0.5	325	1300	13	3	7		33	2	534	2	484	Y
Chef, Small	Milk, Egg	8	360	31	9	0	150	560	7	2	4		13	1	197	1	250	Y
Chicken Cobb, Large	Milk, Egg	17.6	770	63	18	0	320	1770	14	4	7	0	36	1	289	3	462	Y
Chicken Cobb, Small	Milk, Egg	10.4	490	39	12	0	190	1220	7	2	4		26	1	220	2	295	Y
Craisin Walnut, Large	Milk, Walnut	12.3	640	41	8	0	25	1160	56	7	37		11	0	208	3	582	Y
Craisin Walnut, Small	Milk, Walnut	7.8	440	27	5	0	20	740	40	5	27	6	8	0	154	2	411	Y
Italian Grilled Chicken Caesar, Large	Milk, Wheat, Anchovies, Soy, Egg	14	560	39	7	0	70	1710	29	4	23	19	24	0	285	2	361	N
Italian Grilled Chicken Caesar, Small	Milk, Wheat, Anchovies, Soy, Egg	9.8	370	25	4	0	60	1170	17	2	13	10	19	0	147	1	271	N
Patriot Berry, Large	Milk, Almonds	14.5	860	64	14	0	50	1140	55	8	43		16	0	246	6	300	Y
Patriot Berry, Small	Milk, Almonds	8.6	430	31	6	0	20	570	30	5	23		8	0	143	4	174	Y
Southwest Chicken, Large	Milk, Egg	16.1	530	29	10	0	105	990	40	5	6		26	0	284	4	659	Y
Southwest Chicken, Small	Milk, Egg	10.7	430	23	7	0	80	770	32	3	4		22	0	213	2	440	Y
St Louis Italian, Large	Milk	10.5	340	24	14	0	15	1170	10	5	4		21	0	260	2	521	Y
St Louis Italian, Small	Milk	5.6	170	11	7	0	30	790	6	2	3		10	0	161	1	270	Y
Salads/Dips/Miscellaneous																		
Ambrosia	Milk,Coconut	4	160	8	7	0	20	30	20	<1	15		2	0	5	0	8	Y
Capellini Asiago Pasta Salad	Wheat, Milk	4	270	15	4	0	15	370	25	2	<1		7	0	12	1	63	N
Caprese Pasta	Wheat, Wheat, Wheat, Milk, PineNuts	4	200	11	1.5	0	0	140	22	1	4	1	4	0	19	1	168	N
Cheesecake Fruit Dip	Milk	1oz	90	7	4	0	20	85	6	0	6	5	1	0	18	0	24	Y
Crab Salad	Milk, Egg, Soy Wheat, Fish, Shell Fish	4	230	15	2.5	0	25	830	18	0	8		4	0	10	0	53	N
Cranberry Ambrosia	Milk, Pecans	4	270	14	9	0	20	35	34	1	26		3	0	29	0	86	Y
Cranberry Relish		4	170	0	0	0	0	0	42	2	38	29	<1	0	12	0	140	Y

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Cuban Black Bean Cous Cous	Wheat	4	130	3.5	0	0	0	350	21	3	4	1	4	0	23	1	176	N
Deviled Egg Salad	Egg	4	280	25	5	0	275	570	5	0	4	3	9	2	42	1	127	Y
Dill Dip	Milk, Egg	1oz	100	10	3.5	0	20	125	<1	0	0		<1	0	11	0	29	Y
Edamame, Corn, Black Bean	Soy	4	140	6	0.5	0	0	370	15	4	6	1	5	0	27	1	216	Y
Four Bean		4	140	5	1	0	0	580	22	3	16	15	2	0	21	1	113	Y
Fresh & Crisp Green Beans		4	4	70	2.5	0		0	270	9	3	4		2	0	41	1	234
Fresh Whole Grain Bulgur Quinoa	Wheat	4	120	2	0	0	0	250	21	4	2		4	0	26	1	195	N
Fruit & Nut Mixture	Almonds, Pecans	1	110	3.5	0	0	0	0	18	2	14		1	0	17	0	159	Y
Garden Spiral Pasta	Wheat, Milk	4	200	8	1	0	0	470	26	2	3	1	4	0	10	0	72	N
Grilled, Asparagus		4	50	2.5	0	0	0	0	5	3	3		3	0	33	3	276	Y
Greek Veggie Pasta	Wheat, Milk	4	190	12	2.5	0	10	540	18	<1	3		3	0	34	1	61	N
Lemon Orzo (Seasonal)	Wheat, Milk, Pinenuts	4	200	9	2.5	0	10	350	24	2	3		7	0	55	1	105	N
Macaroni Salad	Wheat, Eggs	4	230	13	2	0	15	370	26	1	8	3	3	4	11	1	78	N
Potato, Creamy Red	Eggs	4	260	20	4	0	75	320	17	2	2		4	0	15	1	348	Y
Potato, Grandma		4	140	3.5	0.5	0	0	270	25	1	11	9	0	3	0	11	248	Y
Potato, Kosher	Eggs	4	250	19	3.5	0	60	270	19	1	3	1	3	0	14	0	363	Y
Potato, Twice Baked	Milk, Egg	4	230	16	4.5	0	25	320	16	1	2		4	0	55	0	331	Y
Pumpkin Mousse	Milk	4	260	12	12	0	5	25	36	1	29	21	<1	0	31	1	104	Y
Spaghetti Salad	Wheat, Milk, Soy	4	180	9	1.5	0	0	350	21	2	2	1	4	0	23	1	75	N
Superfood Mixed Bean	Soy	4	170	8	0.5	0	0	280	18	5	7	2	6	0	21	1	179	Y
Summer Pineapple Mango WG Salad (Seasonal)	Wheat, Almonds	4	170	4.5	0.5	0	0	45	28	4	9		3	0	26	1	143	N
Sweet Corn		4	140	3	0.5	0	0	120	27	1	23	18	1	0	18	0	146	Y
Apple Cranberry Whole Grain Salad	Wheat, Almonds	4	250	5	0	0	0	45	48	5	26	11	4	0	30	1	281	N
Tuna Mac	Wheat, Egg, Milk, Tuna	4	200	11	2	0	25	290	18	<1	3	1	8	0	18	1	83	N
Waldorf (Seasonal)	Milk, Egg	4	170	12	3.5	0	15	45	16	2	14	4	<1	0	24	0	122	Y

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Watergate	Milk, Soy, Pecans	4	200	12	9	0	<5	25	24	0	9	1	<1	0	8	0	21	Y
Turkey, Julienned, 2"x1/4"		2	50	0.5	0	0	25	520	2	0	2		10	0	0	0	0	Y
Ham, Julienned, 2' x 1/4 "		2	60	1.5	0	0	30	490	<1	0	<1		11	0	0	0	0	Y
Chicken, Sliced, 1/4"	Milk	2	60	1.5	0	0	35	180	0	0	0		11	0	3	0	166	Y