

## Dierbergs Kitchen Nutrition Information - Salads

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.
Ambrosia Salad	Milk, Coconut	4 oz.	160	8	7	0	20	30	20	<1	15	~	2	0	5	0	8	Y
Ancient Grain Salad	Wheat	4 oz.	230	7	0	0	0	160	36	4	7		7	0	45	1	196	N
Antioxidant Veggie Patch Salad		4 oz.	170	11	1	0	0	240	15	2	7	4	3	0	51	1	317	Y
Apple Craisin Superfood Slaw(Seasonal)	Milk, Egg	4 oz.	140	7	1.5	0	15	160	16	2	12	5	3	0	53	1	220	Y
Apple Waldorf Salad (Seasonal)	Milk, Egg	4 oz.	170	12	3.5	0	15	45	16	2	14	4	<1	0	24	0	122	Y
Asian Noodle	Wheat, Soy	4 oz.	120	0	0	0	0	420	26	1	10		2	0	15	1	117	N
Bob's Smoked Chicken Salad	Milk, Egg	4 oz.	160	7	2.5	0	65	370	8	1	2		16	0	17	1	60	Y
Broccoli Grape Salad	Milk, Egg, Almonds	4 oz.	250	19	4	0	20	170	15	2	11	7	4	0	43	1	232	Y
Bulgur Quinoa Salad	Wheat	4 oz.	120	2	0	0	0	250	21	4	2		4	0	26	1	195	N
Cappellini Asiago	Milk, Wheat	4 oz.	270	15	4	0	15	370	25	2	<1		7	0	12	1	63	N
Caprese Pasta Salad	Wheat, Milk, PineNuts	4 oz.	200	11	1.5	0	0	140	22	1	4	1	4	0	19	1	168	N
Caprese Pasta Salad- Fresh Mozzarella	Milk, Pineuts, Wheat	4 oz.	190	10	2	0	<5	130	20	1	3	1	4	0	17	1	149	N
Caprese Mozzarella Salad Stack	Milk	1stak	170	13	3.5	0	15	390	8	0	6		4	0	106	0	56	Y
Chicken Salad, Chunky	Egg, Pecan	4 oz.	420	39	6	0	50	550	5	<1	3	2	12	5	17	0	93	Y
Chicken Salad, Chunky with Grapes	Egg, Pecan	4 oz.	380	34	5	0	45	480	7	<1	5	1	10	4	16	0	109	Y
Chicken Salad, Cranberry Almond	Egg, Almond	4 oz.	450	38	7	0	85	250	7	1	5		20	0	28	1	224	Y
Chicken Salad, Fruit & Nut	Egg, Almonds, Pecans	4 oz.	420	36	5	0	45	480	13	2	10	1	11	4	24	1	163	Y
Chicken Salad, Homestyle	Egg	4 oz.	300	26	5	0	75	230	<1	0	0		16	0	7	1	74	Y
Corn, Black Bean & Edamame Salad	Soy	4 oz.	140	6	0.5	0	0	370	15	4	6	1	5	0	27	1	216	Y
Cranberry Ambrosia (Seasonal)	Milk, Pecans	4 oz.	270	14	9	0	20	35	34	1	26		3	0	29	0	86	Y
Cranberry Relish		4 oz.	170	0	0	0	0	0	42	2	38	29	<1	0	12	0	140	Y
Crab Seafood Salad	Milk, Soy, Eggs, Crab, Lobster, Fish	4 oz.	230	15	2.5	0	25	830	18	0	8		4	0	10	0	53	N
Cuban Black Bean Cous Cous	Wheat	4 oz.	130	3.5	0	0	0	350	21	3	4	1	4	0	23	1	176	N
Cucumber Dill Salad (Seasonal)	Milk, Egg	4 oz.	140	13	5	0	25	470	4	0	1		1	0	19	0	118	Y
Cucumber & Tomato Salad (Seasonal)	Milk	4 oz.	90	7	1	0	0	200	4	<1	2		<1	0	22	0	173	Y
Deviled Egg Salad	Egg	4 oz.	280	25	5	0	275	570	5	0	4	3	9	2	42	1	127	Y
Family Size Salad, Classic Caesar	Milk, Egg, Soy, Wheat, Fish (Anchovy)	4 oz.	160	10	2.5	0	10	410	10	2	2		6	0	144	1	159	N

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Family Size Salad, Garden	Milk, Egg, Wheat	4 oz.	140	10	2	0	<5	320	9	1	2		3	0	71	1	144	N
Family Sized Salad, Spring	Milk, Nuts (Almond)	4 oz.	180	9	3	0	15	320	18	2	5		6	0	150	1	252	Y
Family Sized Salad, Sweet Italian	Milk, Wheat	4oz.	190	15	4.5	0	15	440	9	1	7		5	0	157	1	134	N
Four Bean Salad		4 oz.	140	5	1	0	0	580	22	3	16	15	2	0	21	1	113	Y
Garden Spiral Salad	Milk, Wheat	4 oz.	200	8	1	0	0	480	26	2	3		4	0	10	0	66	N
Greek Veggie Pasta	Milk	4 oz.	190	12	2.5	0	10	540	18	<1	3		3	0	34	1	61	N
Ham Salad	Egg	4 oz.	340	30	6	0	55	1050	8	0	8		10	0	3	0	19	Y
Iron Man Kale Salad	Soy, Nut (Peanut)	4 oz.	200	10	1	0	0	75	20	5	12		7	0	71	1	396	Y
ItIn Frsh Moz Capellini Pasta(Seasonal)	Wheat, Milk,	4 oz.	200	12	4	0	<5	230	15	1	3		8	0	238	1	79	N
Korean Style Noodle Salad	Wheat, Soy, Sesame	4 oz.	190	3.5	0.5	0	0	680	34	2	14	13	5	2	100	1.8	280	N
Lemon Orzo Salad (Seasonal)	Wheat, Milk, Pinenuts	4 oz.	200	9	2.5	0	10	350	24	2	3		7	0	55	1	105	N
Macaroni Salad	Egg, Wheat	4 oz.	250	12	1.5	0	10	530	33	1	11	6	3	0	8	1	61	N
Mediterranean Greek Veggie Salad	Milk	4 oz.	90	7	1.5		<5	210	5	<1	2		2	0	45	1	173	Y
Pesto Pasta (Seasonal)	Wheat, Milk, Soy	4 oz.	240	13	2.5	0	<5	270	25	2	<1		7	0	78	1	104	N
Pickled Beets		4 oz.	120	1.5	0	0	0	105	25	<1	25		<1	0	15	1	130	Y
Potato Salad, Creamy Red	Egg	4 oz.	260	19	3.5	0	75	420	17	2	1		4	0	32	1	377	Y
Potato Salad, Grandmas		4 oz.	140	3.5	0.5	0	0	270	25	1	11	9	3	0	11	0	248	Y
Potato Salad, Kosher	Egg	4 oz.	250	18	3.5	0	60	370	19	1	3		3	0	15	0	334	Y
Potato Salad, Twice Baked	Milk, Egg	4 oz.	230	16	4.5	0	25	320	16	1	2		4	0	55	0	331	Y
Quinoa Power (Wild West Superfood)		4 oz.	130	3	0	0	0	400	24	3	5		4	0	31	1	173	Y
Salad, Classic Caesar (catering)	Wheat, Milk, Anchovies	4 oz.	220	19	3.5	0	15	500	8	2	<1		6	0	141	1	196	N
Salad, Classic Spinach (catering)	Egg, Milk	4 oz.	220	16	3	0	55	490	13	1	11	10	6	0	59	2	38	Y
Salad, Cranberry Walnut Mixed Greens (catering)	Milk, Walnut	4 oz.	220	15	2.5	0	10	370	17	2	12	4	4	0	97	1	249	Y
Salad, Spring Greens (catering)	Almonds	4 oz.	180	13	2	0	0	220	14	2	10		2	0	60	1	268	Y
Slaw, Asian Toasted Almond	Soy, Almonds, Wheat	4 oz.	270	19	2.5	0	0	250	20	3	13		3	0	57	1	195	N
Slaw, Broccoli Crunch	Milk, Egg	4 oz.	210	13	2.5	0	10	250	20	2	14		3	0	48	1	274	Y
Slaw, Creamy	Egg, Milk	4 oz.	170	12	2	0	10	240	15	2	12	9	1	0	43	0	142	Y
Slaw, Oil & Vinegar		4 oz.	130	2	0	0	0	320	27	2	24		<1	0	44	1	179	Y
Slaw, Poppseed (Seasonal)		4 oz.	150	11	1.5	0	0	220	14	2	11		1	0	41	0	157	Y
St. Louis Veggie Salad	Egg, Milk	4 oz.	200	15	3.5	0	15	85	12	2	9		2	0	33	0	241	Y
Superfood Mixed Bean	Soy	4 oz.	170	8	0.5	0	0	280	18	5	7	2	6	0	21	1	179	Y

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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)	Wheat, Almonds,	4 oz.	170	4.5	0.5	0	0	45	28	4	9		3	0	26	1	143	N
Thai Noodle Salad	Wheat, Soy, Almonds, Sesame	4 oz.	280	12	1.5	0	0	600	36	2	10	8	6	0	8	8	4	N
Tuna Salad	Eggs, Tuna, Milk	4 oz.	250	19	3.5	0	40	530	3	<1	2	2	19	3	14	1	369	Y
Tuna Salad, Premium Albacore	Eggs, Tuna, Milk	4 oz.	260	21	3.5	0	45	400	3	0	3	2	16	4	15	0	229	Y
Watergate	Milk, Nuts(Pecan)	4 oz.	200	12	9	0	<5	25	24	0	9	1	<1	0	8	0	21	Y
Whole Grain Apple Cinnamon (Seasonal)	Wheat, Pecans Almonds	4 oz.	250	5	0	0	0	45	48	5	26	11	4	0	30	1	281	N