

**Dierbergs Deli Appetizer Nutrition Information**

<b>Appetizers</b>	<b>Serving Size</b>	<b>Calories</b>	<b>Calories from fat</b>	<b>Total Fat (g)</b>	<b>Sat Fat (g)</b>	<b>Trans fats (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Carbohydrates (g)</b>	<b>Dietary Fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>	<b>Gluten Free Ingrid.</b>	<b>Allergens</b>
Brie En Croute, Plain	1 oz.	106	77	8.6	4.1	0	14	103.4	3.5	0.1	0	4	N	Wheat, Milk, Egg, Soy
Brie En Croute, Caramel Apple	1 oz.	103	72	8	3.3	0	14	91.6	4.5	0.2	1.4	3.6	N	Wheat, Milk, Egg, Soy, Pecans
Brie En Croute, Cranberry	1 oz.	97	64	7.1	3.1	0	11	71.4	5.7	0.3	1.4	2.9	N	Wheat, Milk, Egg, Soy, Walnuts
Cannelloni Bites, Beef & Pork w/ Marinara	4 oz.	222	56	6.2	2.3	0	45	674	27	2	3	13	N	Wheat, Milk, Egg
Cannelloni Bites, Chicken Artichoke w/ Marinara	4 oz.	213	56	6	2.7	0	27	737	26	2	3	12	N	Wheat, Milk, Egg
Cheese Ball, Cheddar Ranch	1 oz.	117	97	11	4.5	0	21	269	1.4	0.5	0.5	4.4	Y	Milk, Pecans
Cheese Ball, Double Chocolate	1 oz.	108	71	7.9	4.5	0	20	59	8.4	0.3	3.9	1.3	Y	Milk
Cheese Ball, New York Cheesecake	1 oz.	101	68	7.6	4.2	0	23	105	7	0.1	5	1.5	N	Wheat, Milk
Cheese Ball, Jalapeno Cheddar Ranch	1 oz.	111	88	9.8	4	0	20	187	1.4	0.4	0.6	4.2	Y	Milk, Pecans
Cheese Ball, Pumpkin	1 oz.	119	98	10.9	4.2	0	20	54.1	4.9	0.7	3.6	1.4	Y	Milk, Pecans
Cheese Ball, Peanut Butter	1 oz.	113	75	8.4	4	0	18	77.8	8.8	0.5	7.4	2	N	Wheat, Milk, Soy, Nut (Peanut)
Chicken Bites, Coconut	3 oz.	203	103	11.5	4.4	0	32	342	10.4	0.8	3.5	12	N	Wheat, Milk, Egg, Coconut
Chicken Bites, Coconut w/ Sweet 'n Sour	3 oz.	194	79	8.8	2.9	0	24	323.5	19	0.6	11	7.8	N	Wheat, Milk, Egg, Coconut, Soy
Chicken Bites, Parmesan	3 oz.	156	65	7.2	2.6	0	38	432.2	4.6	0.1	0.9	15	N	Wheat, Milk, Egg
Chicken Bites, Parmesan w/ Marinara	3 oz.	143	62	6.9	1.9	0	26	424.1	6.6	0.4	2.5	11	N	Wheat, Milk, Egg
Chicken Naked Bites, Buffalo	4 oz.	163	87	9.6	1.5	0	36	1043	4.7	0.1	0.4	14	Y	Milk
Chicken Naked Bites, Honey BBQ	4 oz.	190	58	6.4	1.1	0	36	605.6	18.5	0	13	14	Y	
Chicken Naked Bites, Mango Chipotle	4 oz.	206	58	6.4	1.1	0	36	627.4	22.9	0	2.7	14	Y	
Chicken Naked Bites, Plain	2 oz.	90	40	4.5	0.8	0	25	240	2.5	0	0	9.5	Y	
Chicken Naked Bites, Sweet Thai Chili	4 oz.	205	58	6.4	1.1	0	36	637.4	15.4	0	12	14	Y	
Chicken Tenders, Honey BBQ	2oz	114	26	2.8	0.4	0	14	520.7	15.1	0	5	6.4	N	Milk, Wheat
Chicken Tenders, Honey Mustard	2oz	142	64	7.2	1	0	17	489.3	11.9	0	2.2	6.4	N	Milk, Egg, Wheat
Garlic Cheese Bread	2 oz.	241	142	15.8	5.1	0	45	439.5	16	0.9	5.5	8.5	N	Wheat, Milk, Egg, Soy
Gold Foil, Artichoke Parmesan Filo Cups	4oz.	252	121	13.5	4.5	0	23	752	25	0.7	1.7	8.4	N	Wheat, Milk, Egg
Gold Foil, BBQ Pork, Bourbon Apple Cups	4oz.	271	68	7.6	2.7	0	28	536.4	36.4	1.2	12	13	N	Wheat

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Gold Foil, Bourbon Apple, Smoked Cheddar Cups	4oz.	239	78	8.6	4.8	0	22	351.8	33.3	1.5	13	7.4	N	Wheat, Milk
Gold Foil, Brie, Gorgonzola Walnut Grape Cups	4oz.	358	202	22.5	12	0	66	520.4	25.2	0.9	3.2	11	N	Wheat, Milk, Nuts (Walnut)
Gold Foil, Empanada, Apple	4oz.	330	59	6.6	3.3	0	6.6	250.5	64.6	1.3	40	2.6	N	Wheat, Egg
Gold Foil, Empanada, Beef	4oz.	277	125	14	5.7	0	57	693	26.5	1.3	2.5	14	N	Wheat, Egg
Gold Foil, Empanada, Chicken	4oz.	283	85	9.4	4.7	0	32	630	31.5	0	3.1	13	N	Wheat, Egg
Gold Foil, Falafel with Red Pepper Dip	4oz.	264	111	12.3	2.4	0	12	693.7	27.2	6.2	0	9.5	N	Wheat, Milk, Egg, Soy
Gold Foil, Four Cheese Spinach Artichoke Cups	4oz.	220	152	17	7.7	0.1	37	650.6	9.3	2.5	2.1	8.5	N	Wheat, Milk, Egg
Gold Foil, Goat Cheese Stuffed Pepperazzi	4oz.	167	97	10.8	7.2	0	28	1019	7.7	0.2	0.2	8.3	N	Wheat, Milk
Gold Foil, Grilled Chicken Skewers, Buffalo	4oz.	152	43	4.8	0.3	0	65	705	2.6	0.1	0.4	24	Y	
Gold Foil, Grilled Chicken Skewers, Jerk Glaze	4oz.	191	31	3.4	1	0	80	197.5	9	0.1	8.2	29	Y	
Gold Foil, Grilled Chicken Skewers, Mango Chipotle	4oz.	170	25	2.8	0	0	65	445.4	11.3	0.1	3.6	24	Y	
Gold Foil, Grilled Chicken Skewers, Teriyaki	4oz.	169	30	3.3	0.1	0	65	511	10	0.1	7	25	N	Soy, Wheat
Gold Foil, Grilled Chicken Skewers, Thai Chili	4oz.	178	25	2.8	0	0	65	493.5	12.2	0	10	24	Y	
Gold Foil, Loaded Potato Fritters w/ Ranch	4oz.	280	158	17.6	6	0	42	895.6	18.4	0	0	8.3	Y	Milk, Egg
Gold Foil, Loaded Potato Skins w/ Chip Ranch	4oz.	233	115	12.8	6.5	1.7	26	373.4	19.3	2.5	0.7	7.5	Y	Milk, Egg
Gold Foil, Loaded Potato Skins w/ Sour Cream	4oz.	223	125	14	7	1.9	28	291	18	2.5	1	7.4	Y	Milk
Gold Foil, Loaded Smoked Yukon Potato	4oz.	173	52	5.7	1.3	0	4	314.1	27.7	2.8	3.8	3.1	Y	Milk
Gold Foil, Mini Caprese Filo Cup	4oz.	266	129	14.3	5.4	0.2	20	307.7	20.5	0.6	1.7	8.3	N	Wheat, Milk, Nuts (Almond)
Gold Foil, Mini Frittatas w/ Veggies & White Cheddar	4oz.	175	127	14.1	7.5	0.1	170	575	4.6	0.5	3	7.6	Y	Milk, Egg
Gold Foil, Mini Pretzel Bites w/ Cheese Sauce	4oz.	280	67	7.5	3	0	14	559.3	40.6	0	0.8	8.7	N	Wheat, Milk
Gold Foil, Mini Pretzel Bites w/ Honey Mustard	4oz.	358	136	15.2	1.8	0	7.4	546.1	43.4	0	5	6.4	N	Wheat, Milk, Egg
Gold Foil, Pesto Mozzarella Tartlet	4oz.	364	226	25.1	9.7	0	43	246.6	15.7	0	0.2	12	N	Wheat, Milk, Nuts (Almond)
Gold Foil, Praline Pecan Swt Potato Filo Bites	4oz.	271	85	9.5	5.2	0	20	195	44	2	20	3.1	N	Wheat, Nuts (Pecan)
Gold Foil, Seafood Crab Wht Cheddar Filo Bites	4oz.	305	165	18.3	8.5	0	54	846.7	23.7	0.8	2.3	8	N	Wheat, Milk, Fish (Pollock, Shellfish (Crab))
Gold Foil, Smk Chicken & Brie, Cherry Jam, Filo	4oz.	290	90	10	5	0	50	458.4	33.5	0.7	11	16	N	Wheat, Milk
Gold Foil, Sweet Pineapple Chicken Skewers, Jerk	4oz.	100	7	0.8	0.2	0	28	113.5	14.3	1.2	12	10	Y	

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Gold Foil, Sweet Pineapple Chicken Skewers, Thai C	4oz.	103	6	0.6	0	0	25	381	15	1.1	13	8.1	Y	
Gold Foil, Sweet/SavoryApricot Goat Cheese Filo Bi	4oz.	439	188	21	8.8	0	40	495	40	1.8	13	6.6	N	Wheat, Milk, Nuts (Pecan, Walnut)
Gold Foil, Tuscan Pesto Veggie Tartlet	4oz.	318	186	20.7	4.7	0.1	16	248.2	21.6	0.9	2.6	5.5	N	Wheat, Milk, Nutes (Almond)
Meatballs w/ Marinara	1 oz.	66	44	4.9	1.5	0	9.2	136	2.3	0.5	1	3.1	N	Wheat, Milk, Soy
Meatballs w/ BBQ	1 oz.	71	4	3.8	1.3	0	8.5	184.4	6.5	0.4	5.3	2.6	N	Wheat, Milk, Soy
Mushrooms, Asiago Stuffed	1 ea.	80	51	5.7	2.5	0	12	289	3.5	1.4	1	2.5	Y	Milk, Egg
Mushrooms, Florentine BaconStuffed	1 ea.	71	50	5.5	1.8	0	19	313.2	3.5	0.3	1.2	5.1	Y	Milk, Egg
Mushrooms, Italian Sausage Stuffed	1 ea.	137	77	8.6	3.8	*	20	280	3.6	0.3	1.4	5.2	N	Wheat, Milk
Mushrooms, Crab Stuffed	1 ea.	68	48	5.3	2.1	0	13	233.5	3.1	0.1	1.4	1.5	N	Wheat, Milk, Egg, Soy, Fish(Pollock), Crustations(Crab)
Mushrooms, Variety Pack	1 ea.	78	53	5.9	2.3	0	14	239	3	1	2	3	N	Wheat, Milk, Egg, Soy, Fish(Pollock), Crustations(Crab)
Platter, Tempura Chicken, Asian Teriyaki	3 OZ.	161	63	7	1.2	0	14	925.1	7.2	0.1	9	6.8	N	Wheat, Soy
Platter, Tempura Chicken, General Tso	3 oz.	186	61	6.8	1.2	0	14	378.4	25.6	0.3	17	6.2	N	Wheat, Soy
Platter, Tempura Chicken, Mango Chipotle	3 oz.	189	58	6.5	1.2	0	14	508	26.8	0	3.1	5.6	N	Wheat
Platter, Tempura Chicken, Sweet Thai chilli	3 oz.	187	58	6.5	1.2	0	14	591	23.7	0	16	5.6	N	Wheat
Potato Skins, Buffalo w/ Ranch	1 ea.	228	146	16.2	5.4	0.8	36	609	10	1.8	1.1	9.6	Y	Milk, Egg
Potato Skins, Loaded w/ Sour Cream	1 ea.	183	112	12.4	7.3	0.8	33	308	8.9	1.2	0.2	7.7	Y	Milk
Potato Skins, Loaded w/ Chipotle Ranch	1 ea.	198	116	13	6.6	0.8	27	423	10.5	1.2	1.1	8	Y	Milk, Egg
Potato Skins, Bob's BBQ w/ Pork	1 ea.	165	64	7	4	0.7	28	300	16	1.2	7.5	9	Y	Milk, Egg
Potato Skins, Bob's BBQ w/ Chicken	1 ea.	134	37	4	1.8	1	19	394	17.5	1.7	6.7	7	Y	Milk, Egg
Pretzel Stick w/ Nacho Cheese	1 ea.	183	22	2.4	0.5	0	0	448	33	1	1.3	6	N	Wheat, Soy, Milk
Quesadilla, Beef	4 oz.	247	125	13.9	4.1	0	53	598	12.6	0.6	7.8	16	N	Wheat, Milk
Quesadilla, Beef Platter	4 oz.	232	103	11.4	3.3	0	43	627.2	17.9	0.5	13	13	N	Wheat Milk
Pretzel Stick w/ Honey Mustard	1 ea.	236	65	7.3	0.8	0	3.6	451	35	1	3.4	6	N	Wheat, Egg
Quesadilla, Chicken	4 oz.	241	112	12.5	6.6	0	44	408	18.3	1.5	2	15	N	Wheat, Milk
Quesadilla Platter, Chicken	4 oz.	313	184	20.4	7.4	0	46	403.7	16.4	1	1.8	13	N	Wheat, Milk

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Ravioli, Buffalo Chicken w/ Ranch	4 oz.	348	137	15.2	2.8	0	44	445	36	5	1.4	12	N	Wheat, Milk, Egg, Soy
Ravioli, Jalapeno Cream Cheese w/ Ranch	4 oz.	320	131	15	6	0	34	669	37	1.7	1.8	9.2	N	Wheat, Milk, Egg
Ravioli, Spinach Artichoke w/ Marinara	4 oz.	201	39	4.3	2	0	15	653	32	2	3	8	N	Wheat, Milk, Egg
Tempura Battered Chicken, Buffalo	4 oz.	193	116	12.9	2.2	0	18	1268	11.3	0.1	1.4	7.5	N	Wheat, Milk
Tempura Battered Chicken, General Tso	4 oz.	246	93	10.4	1.8	0	22	498.2	29.5	0.3	17	9.2	N	Wheat, Soy
Tempura Battered Chicken, Jerk	4 oz.	223	76	8.4	1.5	0	18	569.4	30	0.1	20	7.4	N	Wheat
Tempura Battered Chicken, Mango Chipotle	4 oz.	249	90	10	1.8	0	22	626.3	30.6	0	3.4	8.6	N	Wheat
Tempura Battered Chicken, Mango Chipotle BBQ	4 oz.	231	76	8.5	1.5	0	18	696.4	30.5	0.3	8.5	7.3	N	Wheat
Tempura Battered Chicken, Orange	4 oz.	207	76	8.4	1.5	0	18	540	27.2	0	16	7.2	N	Wheat
Tempura Battered Chicken, Sweet Thai Chili	4 oz.	247	90	10	1.8	0	22	708.4	27.5	0	16	8.6	N	Wheat
Tempura Battered Chicken, Teriyaki	4 oz.	233	97	10.8	1.9	0	22	735.4	23.8	0.1	11	9.5	N	Wheat, Soy
Ravioli, Toasted w/ Marinara	4 oz.	294	133	15	2.7	0	18	630	32	1.7	3	8.4	N	Wheat, Milk, Egg, Soy
Wings, Boneless	2 oz.	56.7	30	3.3	0.6	0	26	166	0.2	0	0	9	N	Wheat, Egg
Wings, Boneless with Honey Mustard	2 oz.	89	58	6.4	1	0	24	189	2	0	2	7.2	N	Wheat, Milk, Egg
Wings, Boneless with Honey BBQ	2 oz.	64	22	2.4	0.4	0	19	227	6.2	0	6	6	N	Wheat, Egg
Wings, Boneless with Buffalo Hot Sauce	2 oz.	58	36	4	0.7	0	19	467	0.7	0	0.5	6.2	N	Wheat, Milk, Egg
Wings, Boneless with Mango Chipotle	2 oz.	79	22	2.4	0.4	0	19	260	10	0	1.6	6	N	Wheat, Egg
Wings, Boneless with Sweet Thai Chili	2 oz.	79	23	2.5	0.4	0	19	301	8	0	7.7	6.4	N	Wheat, Egg
Wings, Boneless with Sesame Teriyaki	2 oz.	71	25	2.8	0.5	0	19	315	6	0	6	7	N	Wheat, Milk, Egg, Soy
Wings, Savory Breaded with BBQ	1 ea.	38	31	4.25	2.5	0	30	311	9.1	0	5	4.5	N	Wheat, Egg
Wings, Savory Breaded with Buffalo	1 ea.	71	41	4.6	1.2	0	24	405	2.5	0	0.5	4.6	N	Wheat, Egg, Milk
Wings, Savory Breaded with Mango Chipotle	1 ea.	84	32	3.5	1	0	24	254	8.6	0	5	4.6	N	Wheat, Egg
Wings, Savory Breaded with Sesame Teriyaki	1 ea.	81	34	3.8	1.1	0	24	298.3	6.4	0	4.1	4.8	N	Wheat, Egg, Soy
Wings, Savory Breaded with Sweet Thai Chili	1 ea.	88	31	3.5	1	0	24	298	8.2	0	6	5.6	N	Wheat, Egg