

Prepared Foods Nutrition Facts



Vegetarian Bar	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron
	(g)			(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(%DV)	(%DV)	(%DV)
Artichoke Flan	1 Each (3.5 oz)	200	160	18	28	10	50	0	115	38	310	13	4	1	1	4	2	4	10	4	6	2
Asparagus, Jicama, Red Pepper and Roasted Corn	4 oz (113g)	100	50	6	9	1	5	0	0	0	390	16	11	4	3	12	2	2	15	40	2	4
Asparagus w/Lemon Zest	4 oz (113g)	80	60	7	11	1	5	0	0	0	140	6	5	2	2	8	1	3	20	15	2	6
BBQ Corn	4 oz (113g)	150	40	4.5	7	0.5	3	0	0	0	750	31	24	8	2	8	3	3	20	35	0	2
Braised Collard Greens	4 oz (113g)	70	30	3	5	0	2	0	0	0	410	17	9	3	3	13	4	2	100	35	10	6
Braised Kale & Carrots	4 oz (113g)	120	70	8	12	1	5	0	0	0	590	25	11	4	2	8	1	3	280	370	10	10
Braised Mushrooms w/Jalapeños	4 oz (113g)	70	40	4.5	7	0.5	3	0	0	0	250	10	6	2	2	8	3	2	0	10	2	2
Braised Red Cabbage	4 oz (113g)	70	15	2	3	0	1	0	0	0	330	14	13	4	2	6	9	1	15	70	4	4
Brocoletti	4 oz (113)	30	5	0	0	0	0	0	0	0	260	11	6	2	3	12	2	3	70	180	6	6
Butternut Squash Cakes	1 Each (57g)	150	45	5	8	1.5	8	0	30	10	250	10	23	8	1	4	11	3	15	2	4	4
Butternut Squash with Baby Spinach and Craisins	4 oz (113g)	120	70	8	12	1	5	0	0	0	220	9	12	4	3	12	5	1	180	25	4	4
Chicken-less Parmesan	1 Piece w/Sauce (281g)	450	180	20	31	4.5	23	0	75	25	1330	55	40	13	5	20	3	30	15	25	15	20

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Corn and Leek Flan	1 Flan (3.5 oz) (99g)	220	180	19	29	10	50	0	130	43	300	13	7	2	1	4	2	5	15	2	6	4
Farro with Mushroom and Roasted Tomatoes	4 oz. (113g)	100	15	2	3	0	0	0	0	0	390	16	17	6	2	8	1	4	8	2	4	4
Farro with Lemon and Artichokes	4 oz (113g)	120	30	3	5	1	5	0	5	2	380	16	19	6	2	8	1	4	2	2	4	4
Green Beans and Roasted Corn	4 oz (113g)	100	35	4	6	0	0	0	0	0	360	15	14	5	3	12	3	2	4	10	2	4
Greens & Beans	4 oz. (113g)	45	15	1.5	2	0	0	0	0	0	390	16	7	2	3	12	1	2	25	8	4	4
Grilled Vegetables	4 oz (113g)	45	20	2.5	4	0	2	0	0	0	150	6	6	2	2	8	3	2	70	70	2	2
Honey Roasted Carrots	4 oz (113g)	110	60	7	11	1	5	0	0	0	105	4	12	4	3	12	7	1	350	10	4	2
Honey Roasted Root Vegetables	4 oz (113g)	90	35	4	6	0.5	3	0	0	0	210	9	12	4	3	12	6	1	180	25	4	2
Jalapeno Corn Cake	1 Cake (57g)	150	45	5	8	1.5	8	0	30	10	250	10	22	7	1	4	9	3	6	8	2	4
Kale and Quinoa Cakes	1 Each (85g)	150	80	9	14	1.5	8	0	45	15	400	17	13	4	1	4	3	5	15	10	4	4
Moroccan Veggie Stew	4 oz (113g)	80	20	2.5	4	0	0	0	0	0	320	13	12	4	2	8	6	2	90	30	4	4
Mushroom Flan	1 Each (117g)	150	120	13	20	6	30	0	65	22	350	15	5	2	1	4	3	4	8	2	4	2
Mushrooms and Leeks	4 oz (113g)	50	25	3	5	0	0	0	0	0	270	11	4	1	1	4	3	3	0	8	0	4

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Oven Roasted Mushrooms w/Black Truffle Oil	4 oz (113g)	100	70	9	14	1	5	0	0	0	340	14	5	2	1	4	3	3	2	4	2	4
Oven Roasted Tomatoes w/Balsamic & Queso Fresco	1 Each (1.5 oz)	20	10	1	2	0.5	3	0	0	0	30	1	2	1	1	4	1	1	8	10	2	0
Pomegranate Blueberry Glazed Beets	4 oz (113g)	90	35	4	6	0.5	3	0	0	0	300	13	14	5	3	12	11	2	0	2	4	10
Potato Gratin	1 Each (100g)	180	110	12	18	8	40	0	40	13	380	16	14	5	1	4	0	4	10	0	10	2
Portabella Mushroom Cutlet	1 Each (115g)	150	60	7	11	2	10	0	5	2	480	20	17	6	1	4	3	5	4	15	6	10
Roasted Acorn Squash w/Pumpkin Seed Oil	4 oz (113g)	320	260	29	45	5	25	0	0	0	1690	70	13	4	2	8	3	3	8	20	4	10
Roasted Asparagus	4 oz (113g)	40	15	1.5	3	0	1	0	0	0	130	5	5	2	2	8	2	3	15	15	2	15
Roasted Baby Potatoes	4 oz (113g)	90	10	1.5	2	0	0	0	0	0	520	22	20	7	2	8	0	2	0	6	8	6
Roasted Brussels and Delicata Squash	4 oz. (113g)	110	80	9	14	1.5	8	0	0	0	170	7	8	3	2	8	3	2	50	60	4	4
Roasted Brussels Sprouts	4 oz (113g)	100	50	6	9	1	4	0	0	0	260	11	8	3	4	15	3	3	10	150	2	0
Roasted Butternut Squash	4 oz. (113g)	90	45	5	8	1	5	0	0	0	170	7	12	4	2	8	2	1	230	35	6	4
Roasted Carrots and Cashews	4 oz (113g)	100	45	5	8	1	3	0	0	0	230	10	14	5	3	12	7	2	310	10	4	4
Roasted Cauliflower	4 oz (113g)	70	50	6	8	1	6	0	0	0	280	12	4	1	2	9	2	3	0	80	2	2

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Roasted Cauliflower with Butternut Squash Noodles	4 oz (113g)	130	100	12	18	1.5	8	0	0	0	290	12	3	1	1	4	2	2	50	70	4	4
Roasted Cauliflower and Delicata Squash	4 oz (113g)	80	50	6	9	1	5	0	0	0	160	7	7	2	2	8	3	2	45	45	4	4
Roasted Delicata Squash	4 oz	60	25	2.5	4	0	0	0	0	0	260	11	12	4	1	4	4	1	90	20	2	6
Roasted Eggplant w/Pesto	4 oz (113g)	90	60	7	11	1	5	0	0	0	270	11	6	2	3	12	3	1	2	6	2	2
Roasted Mini Sweet Peppers	4 oz (113g)	60	25	2.5	4	0	0	0	0	0	260	11	6	2	1	4	4	1	45	340	0	4
Roasted Mushrooms	4 oz (113g)	90	60	7	11	1	5	0	0	0	330	14	6	2	2	8	4	3	0	0	2	2
Roasted Potatoes with Garlic and Rosemary	4 oz (113g)	140	60	7	10	1	5	0	0	0	240	10	19	6	1	5	0	3	0	35	0	6
Roasted Red Potatoes	4 oz (113g)	110	40	4.5	7	0.5	3	0	0	0	240	10	17	6	2	8	1	2	4	15	2	4
Roasted Vegetables	4 oz (113g)	90	40	4.5	7	0.5	3	0	0	0	340	14	11	4	4	16	6	2	280	50	4	4
Roasted Yams	4 oz (113g)	140	45	5	8	1	4	0	0	0	105	4	22	7	4	14	7	2	410	35	4	4
Roasted Zucchini	4 oz (113g)	50	40	4.5	7	0.5	3	0	0	0	270	11	3	1	1	4	2	1	4	30	2	2
Roasted Zucchini w/Tomato Basil	4 oz (113g)	35	20	2.5	4	0	0	0	0	0	210	9	3	1	1	4	3	1	4	35	2	4
Sautéed Greens	4 oz (113g)	50	5	0.5	1	0	0	0	0	0	680	28	9	3	2	8	0	3	220	150	8	8

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Seasoned Broccoli	4 oz (113g)	90	60	7	11	1	5	0	0	0	470	20	8	3	3	12	1	3	35	110	4	4
Seasoned Green Beans	4 oz (113g)	110	70	8	12	1	5	0	0	0	500	21	8	3	3	12	4	2	15	15	4	4
Shaved Brussel Sprouts and Shallots	4 oz (113g)	100	60	6	9	1	5	0	0	0	150	6	10	3	4	16	3	4	15	140	4	8
Spinach and Feta Flan	1 Each	240	180	20	31	11	55	0	125	42	390	16	8	3	1	4	2	7	25	4	10	4
Sweet and Sour Carrots with Craisins and Pepitas	4 oz (113g)	150	80	9	14	1.5	8	0	0	0	270	11	17	6	3	12	12	3	250	8	2	6
Sweet Potato Gratins	1 Each (100g)	150	110	12	18	8	40	0	35	12	280	12	9	3	1	4	4	3	0	0	10	2
Tuscan Garbonzo Beans and Kale	4 oz (113g)	80	25	2.5	4	0	0	0	0	0	370	15	9	3	2	8	1	2	30	20	4	4
Tuscan Roasted Cauliflower	4 oz (113g)	60	30	3.5	5	0	0	0	0	0	110	5	0	0	0	0	3	2	0	80	2	2
Tuscan Roasted Potatoes	4 oz	100	25	3	5	0	0	0	0	0	380	16	18	6	2	8	2	3	0	40	2	6
Tuscan Style Roasted Squash and Kale	4 oz (113g)	100	45	6	9	0.5	3	0	0	0	115	5	9	3	2	8	2	2	100	80	4	6
Vegetarian Oyster Sauce	1 oz (28g)	35	0	0	0	0	0	0	0	0	690	29	9	3	0	0	6	0	0	0	0	0

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