

# Prepared Foods Nutrition Facts



FISH FRY	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)						
Large Haddock	1 Piece (246g)	590	290	33	50	6	28	0	80	26	1110	46	40	13	1	4	1	28	0	0	2	4
Medium Haddock	1 Piece (108g)	260	130	15	23	2.5	12	0	30	11	500	21	18	6	1	2	0	12	2	0	0	2
Bronzed Tilapia	1 Piece (115g)	210	100	12	18	2.5	13	0	90	30	300	13	0	0	0	0	0	27	8	2	0	2
Martin's Potato Roll	1 Roll (18g)	45	5	1	1	0	0	0	0	0	55	2	8	3	0.5	3	1	2	0	0	4	2
Cole Slaw	4 oz	260	220	25	38	4.5	23	0	20	7	270	11	10	3	2	8	7	1	15	550	4	2
Tarter Sauce	1 ea (21g)	90	80	9	14	1.5	8	0	5	2	140	6	2	1	0	0	2	0	0	0	0	0
Organic Ketchup	1 ea (18g)	20	0	0	0	0	0	0	0	0	170	7	5	2	0	0	4	0	2	4	0	0
Sub Roll	Roll (71g)	190	40	4.5	7	0	0	0	0	0	300	13	30	10	2	8	1	7	0	8	8	15
Lettuce	1 oz	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1	0	2	2	0	0
Tomato	1 oz	5	0	0	0	0	0	0	0	0	0	0	1	0	0	0	1	0	4	6	0	0
French Fries	5 oz (142g)	290	150	19	29	6	30	0	0	0	440	18	33	11	3	12	2	3	0	15	0	6
Roasted Vegetables	4 oz (113g)	90	60	7	11	1	5	0	0	0	280	12	7	2	2	8	4	1	130	40	2	2
Macaroni and Cheese	4 oz (113g)	180	80	9	14	4	20	0	25	8	340	14	18	6	1	2	1	8	4	0	15	0

Have questions or comments? Call Wegmans Consumer Affairs  
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