

Prepared Foods Nutrition Facts



Homestyle 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)
Entrees																						
Beef Stew	4 oz (113g)	100	50	6	9	2	10	0	15	5	160	7	7	2	1	4	2	5	30	6	2	6
Beef Stroganoff	4 oz (113g)	100	40	4.5	7	1.5	8	0	15	5	440	18	4	1	0	0	1	8	0	4	2	6
Black Garlic Chicken	5 oz (142g)	180	80	9	14	1.5	8	0	40	13	640	27	7	2	0	0	2	15	2	4	0	4
Cajun Tilapia w/Roasted Red Pepper Sauce	1 Piece (170g)	250	160	18	28	3	15	0	25	8	350	15	3	1	1	4	1	21	20	20	4	8
Cajun Tilapia Cake	1 ea - 2 oz (61g)	170	130	14	22	2.5	13	0	30	10	180	8	2	1	0	0	0	8	2	0	2	2
Cilantro Lime Chicken Thighs w/Enchilada Sauce	4 oz (113g)	120	80	8	12	2	10	0	30	10	310	13	4	1	0	0	1	9	8	20	2	8
Corned Beef	4 oz (113g)	250	140	16	25	6	30	0	75	25	610	25	1	0	0	0	1	23	0	0	4	10
Fried Haddock	1 Piece (4 oz)	260	130	15	23	2.5	13	0	30	10	500	21	18	6	1	4	0	12	2	0	0	2
Homestyle Meatloaf	1 Slice w/ Gravy (251g)	350	180	20	31	8	40	0	155	52	1010	42	22	7	0	0	6	26	4	100	6	20
Honey Brined BBQ Chicken	5 oz (142g)	200	80	9	14	2.5	13	0	70	23	1080	45	12	4	0	0	9	21	2	0	2	4
Honey Brined Fried Chicken	3 oz (85g)	200	100	12	18	4	20	0	60	20	780	22	8	3	0	0	0	18	0	0	2	4
Jerk Style Bone In Chicken	5 oz (142g)	270	140	15	23	4.5	23	0	110	37	710	30	2	1	1	4	0	31	0	4	4	6
Memphis BBQ Burger Sliders	1 ea - 3 oz (90g)	120	50	6	9	2	10	0	45	15	580	24	12	4	0	0	7	8	0	30	2	6
Memphis BBQ Pulled Pork	4 oz. (113g)	190	70	8	11	3.5	18	0	45	15	930	39	16	5	0	0	12	16	0	0	2	4
Peruvian Chicken	5 oz (142g)	270	130	15	23	4.5	23	0	120	40	600	25	1	0	0	0	0	34	0	0	4	6

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Roasted Turkey	4 oz. (113g)	110	40	4.5	7	1.5	8	0	40	13	680	28	2	1	0	0	1	14	0	2	0	2
Turkey Sage Meatloaf	4 oz (113g)	120	50	6	9	1.5	8	0	50	17	430	18	5	2	0	0	1	13	2	4	2	6
Italian Entrees																						
Antibiotic Free Chicken Parmesan	1 Piece (194g)	290	110	12	18	4	20	0	90	30	600	25	17	6	1	4	5	29	6	10	15	6
Chicken Cacciatore	4 oz (113g)	100	35	4	6	1	5	0	0	0	180	8	5	2	1	4	2	9	6	25	2	15
Eggplant Lasagna	8 oz (234g)	320	190	21	32	9	45	0	45	15	1060	44	21	7	6	24	3	13	20	30	30	4
Meat Lasagna	1 Piece (9 oz)	360	180	20	31	8	40	0	95	32	1140	48	26	9	2	8	4	18	25	60	30	10
Meatballs & Sausage in Sauce	1 Meatball & 1 Sausage w/Sauce (142g)	250	160	18	28	7	35	0.5	50	17	730	30	8	3	2	8	1	16	6	15	4	8
Penne w/ Sausage & Vodka Blush Sauce	4 oz (113g)	200	100	11	17	2.5	13	0	20	7	260	11	18	6	1	4	1	7	4	4	2	6
Sides																						
Arancini	1 ea. (50g)	70	35	4	6	1	5	0	5	2	180	8	6	2	0	0	0	2	2	2	2	2
Au Gratin Potatoes	4 oz. (113g)	130	50	5	8	3	15	0	20	7	260	11	15	5	1	4	1	5	4	25	15	2
Bread Pudding w/Caramel Sauce	1 Piece (145g)	250	7	4.5	7	2.5	13	0	55	18	320	13	46	15	1	4	32	7	4	0	15	6
Buffalo Chicken Mac & Cheese	4 oz (113g)	170	80	9	14	3.5	18	0	25	8	580	24	16	5	1	4	1	7	6	0	10	0
Butternut Squash Cake	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
Chipotle Corn Cake	1 ea. (57g)	150	45	5	8	1.5	8	0	30	10	260	11	22	7	1	4	9	3	8	8	2	4
Combread Stuffing	4 oz (113g)	170	35	4	6	2.5	13	0	5	2	700	29	25	8	0	0	6	5	2	15	2	0
Egg Noodles	4 oz (113g)	440	60	7	11	2	11	0	125	42	430	18	78	26	4	16	4	16	0	0	4	20

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French Fries	5 oz (142g)	340	200	22	34	4	21	0	0	0	420	18	32	11	3	12	2	3	0	15	0	6
Fried Calamari	4 oz (113g)	310	190	21	32	4	20	0	165	55	240	10	15	5	0	0	1	15	0	0	2	2
Herb Stuffing	4 oz. (113 g)	140	60	7	11	2.5	13	0	10	3	380	16	16	5	1	4	2	3	2	2	4	8
Homestyle Gravy	4 oz (114)	60	30	4	6	2	10	0	10	4	600	26	6	2	0	0	0	2	4	0	2	2
Homestyle Thinned Seasoned Tomato Sauce	2 oz (57g)	20	10	1	2	0	0	0	0	0	150	6	2	1	0	0	1	1	4	25	0	0
Honey Roasted Root Vegetables	4 oz (113g)	110	50	6	9	2	10	0	5	2	170	7	14	5	3	12	7	1	170	20	2	4
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	15	2
Kale & Quinoa Cake	1 ea (85g)	150	80	9	14	1.5	8	0	45	15	400	17	13	4	1	4	3	5	15	10	6	10
Latin Style Mac & Cheese	4 oz (113g)	180	90	10	15	4	20	0	25	8	400	17	15	5	0	0	2	7	6	0	10	2
Macaroni & Cheese	4 oz (113g)	190	90	10	15	4	21	0	25	8	330	14	18	6	1	2	1	8	4	0	15	0
Mashed Sweet Potatoes	4 oz (113g)	170	70	7	11	4.5	23	0	20	7	420	17	25	8	2	9	10	2	280	20	4	2
Penne Pasta	4 oz (113g)	190	20	2.5	4	0	2	0	0	0	95	4	34	11	2	8	1	6	0	0	8	2
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
Roasted Yams	4 oz (113g)	160	60	7	11	1	5	0	0	0	125	5	22	7	3	12	7	2	400	35	4	2
Signature Whipped Potatoes	4 oz (113 g)	150	100	11	17	7	35	0	30	10	360	15	11	4	1	4	1	2	4	10	4	2
Spicy Marinara Sauce	2 oz (57g)	30	10	1	2	0	0	0	0	0	200	8	4	1	0	0	1	1	6	30	8	15
Truffle Mac & Cheese	4 oz (113g)	180	80	9	14	4	20	0	15	5	320	13	18	6	1	4	3	6	4	0	10	4

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Vegetables																						
Braised Collard Greens	4 oz (113g)	90	60	6	9	2.5	13	0	10	3	320	13	9	3	3	12	4	2	70	50	15	2
Butternut Squash w/ Spinach & 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
Cabbage	4 oz (113g)	30	0	0	0	0	0	0	0	0	55	2	6	2	3	12	4	1	2	70	4	4
Carrots	4 oz (113g)	40	0	0	0	0	0	0	0	0	130	5	9	3	3	12	5	1	300	4	4	6
Cauliflower Spinach Gratin	4 oz (113g)	90	50	5	8	2	10	0	10	3	260	11	8	3	2	7	2	3	25	50	6	6
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
Honey Roasted Root Vegetables	4 oz (113g)	110	50	6	9	2	10	0	5	2	170	7	14	5	3	12	7	1	170	20	4	2
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 Cauliflower w/Parmesan Cheese	4 oz (113g)	70	50	6	8	1	6	0	0	0	280	12	4	1	2	9	2	3	0	80	2	2
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 Yams	4 oz (113g)	140	45	5	8	1	5	0	0	0	105	4	22	7	4	16	7	2	410	35	4	4
Tuscan Garbanzo Beans & 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

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