

Mediterranean Bar Nutrition Facts



Dips & Sauces	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Added Sugar		Protein	Vitamin A	Vitamin C	Vitamin D	Calcium	Iron	Potassium
	(g)			(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(g)	(%DV)	(%DV)	(%DV)	(%DV)	(%DV)	(%DV)
Artichoke & Asiago Dip	2 Tbsp (30g)	150	140	15	23	2.5	13	0	10	3	240	10	1	0	0	0	0	-	-	1	6	2	-	2	0	-
Baba Ghanouj	2 Tbsp (30g)	110	100	11	17	2.5	13	0	10	3	180	8	2	1	0	0	1	-	-	0	0	0	-	0	0	-
Basil Pesto	2 Tbsp (29g)	100	90	9	14	1.5	8	0	5	2	180	8	1	0	1	4	0	-	-	2	10	2	-	8	2	-
Grilled Portobello Bruschetta	2 Tbsp (25g)	20	10	1.5	2	0	0	0	0	0	125	5	2	1	1	4	1	0	0	1	6	10	0	0	0	0
Jalapeño Greek Yogurt Dip	2 Tbsp (30g)	40	10	1	2	0.5	3	0	5	2	160	7	4	1	0	0	4	-	-	3	2	0	-	2	0	-
Roasted Red Tomato Bruschetta	2 Tbsp (30g)	45	30	3.5	4	0	0	0	0	0	180	8	3	1	1	4	2	0	0	0	4	2	0	4	0	4
Spinach Artichoke Dip	2 Tbsp (30g)	40	20	2	3	1.5	8	0	30	10	100	4	2	1	0	0	0	-	-	2	15	2	-	4	2	-
Sundried Tomato Parmesan Dip	2 Tbsp (30g)	170	160	17	26	4	20	0	20	7	200	8	2	1	0	0	1	-	-	2	0	0	-	4	2	-
Tomato Bruschetta	2 Tbsp (30g)	30	20	2.5	4	0	0	0	0	0	170	7	2	1	0	0	1	-	-	0	4	10	-	0	2	-
Tzatziki	2 Tbsp (30g)	45	35	4	6	1	5	0	5	2	150	6	2	1	0	0	1	-	-	1	0	0	-	2	0	-

Hummus	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Added Sugar		Protein	Vitamin A	Vitamin C	Vitamin D	Calcium	Iron	Potassium
	(g)			(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(g)	(%DV)	(%DV)	(%DV)	(%DV)	(%DV)	(%DV)
Balsamic White Bean Hummus	2 Tbsp (30g)	60	35	4	6	0	0	0	0	0	230	10	6	2	1	4	1	-	-	2	0	0	-	2	2	-
Caramelized Onion Hummus	2 Tbsp (30g)	60	30	3.5	5	0	0	0	0	0	160	7	6	2	2	8	1	-	-	2	0	2	-	2	4	-
Cilantro Jalapeño Hummus	2 Tbsp (30g)	60	35	4	6	0	0	0	0	0	140	6	6	2	2	8	1	-	-	2	2	2	-	2	4	-
Gigande Bean Hummus	2 Tbsp (30g)	70	50	6	9	1	5	0	0	0	95	4	4	1	1	4	0	-	-	1	2	10	-	2	2	-
Wegmans Original Hummus	2 Tbsp (30g)	70	35	4	6	0.5	3	0	0	0	95	4	6	2	2	8	1	-	-	3	0	0	-	0	10	-
Wegmans Red Pepper Hummus	2 Tbsp (30g)	60	30	3.5	5	0	0	0	0	0	100	4	6	2	2	8	1	-	-	2	2	2	-	2	4	-
Wegmans Roasted Garlic Hummus	2 Tbsp (30g)	70	45	5	8	0.5	3	0	0	0	160	7	6	2	1	4	1	-	-	2	0	2	-	2	4	-

Selections vary by store and seasonality.