

# Restaurant Foods Nutrition Facts



Tastes of Mexico	Serving Size	Calories	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Added Sugar		Protein	Vitamin D	Calcium	Iron	Potassium
	(g)		(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(%DV)	(%DV)	(%DV)	(%DV)	(%DV)
<b>Entrees</b>																							
Beef & Mushrooms Braised in Red Chili Sauce (Guajillo Sauce)	4 oz (113g)	150	11	14	4.5	23	0	35	12	530	23	4	1	1	4	2	1	2	9	0	0	180	4
Braised Pork w/Poblano Salsa Verde	4 oz (113g)	180	12	15	4	20	0	45	15	380	17	4	1	0	0	2	0	0	12	6	2	6	4
Chicken Enchilada	1 Piece (133g)	150	5	6	1.5	8	0	25	8	650	28	16	6	2	7	3	0	0	10	0	6	6	2
Chicken Mole	5 oz (142g)	280	19	24	4.5	23	0	105	35	250	11	3	1	0	0	1	0	0	23	0	0	6	0
Pan Seared Tilapia w/Cherry Tomato Salsa (Veracruz Style)	1 Piece (145g)	170	8	10	1.5	8	0	25	8	310	13	2	1	0	0	1	0	0	23	0	4	6	0
Vegetable Enchilada	1 Piece (135g)	170	8	10	3	15	0	10	3	590	26	18	7	1	4	4	1	2	8	0	10	6	4
<b>Hot Vegetables &amp; Sides</b>																							
Braised Mushrooms w/Jalapenos	4 oz (113g)	70	4	5	0.5	3	0	0	0	250	11	6	2	2	7	3	0	0	2	0	2	0	8
Chicken Empanadas	1 ea (56g)	190	13	17	5	25	0	10	3	230	10	14	5	0	0	2	0	0	5	0	2	6	0
Flour Tortillas	1 ea. (35g)	90	1.5	2	0	0	0	0	0	180	8	17	6	1	4	0	0	0	3	0	2	6	2
Fried Plantains	4 oz (113g)	240	7	9	2.5	13	0	0	0	0	0	43	16	0	0	25	0	0	2	0	0	0	0
Mexican Black Beans	4 oz (113g)	130	3	4	0	0	0	0	0	380	17	20	7	5	18	1	0	0	6	0	0	80	10
Mexican Brown Rice	4 oz (113g)	190	5	6	0.5	3	0	0	0	190	8	32	12	0	0	4	0	0	3	0	0	0	0

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	(g)		(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(%DV)	(%DV)	(%DV)	(%DV)	(%DV)	
Latin Mac & Cheese	4 oz (113g)	190	9	12	5	25	0	25	8	520	23	18	7	1	4	4	0	0	9	0	15	6	4	
Steamed Eggplant w/Roasted Tomato Salsa	4 oz (113g)	30	0	0	0	0	0	0	0	370	16	7	3	3	11	3	0	0	1	0	2	0	6	
<b>Cold Bar</b>																								
Roasted Tomato Salsa	1 oz (28g)	5	0	0	0	0	0	0	0	220	10	2	1	0	0	1	0	0	0	0	0	0	2	
Chunky Guacamole	2 Tbsp (30 g)	50	4.5	6	0.5	3	0	0	0	180	8	2	1	0	0	0	0	0	1	0	0	0	0	
Cilantro Lime Chicken	4 oz (113g)	190	13	17	3	15	0	90	30	350	15	3	1	0	0	0	0	0	16	0	2	6	15	
Green Beans, Zucchini & Shrimp Salad	4 oz (113g)	140	10	13	1.5	8	0	20	7	300	13	9	3	1	4	2	0	0	4	0	2	6	2	
Lime Crema	1 oz (28g)	50	4.5	6	2.5	13	0	15	5	115	5	1	0	0	0	1	0	0	1	0	2	0	0	
Mexi Ka-le Salad	4 oz. (113g)	230	18	23	4.5	23	0	10	3	820	36	13	5	1	4	6	5	10	6	0	10	10	0	
Pico de Gallo	2 Tbsp. (25g)	10	0	0	0	0	0	0	0	90	4	1	0	0	0	1	0	4	6	0	0	0	2	
Pineapple Jicama & Cucumber Salad	4 oz (113g)	100	6	8	1	5	0	0	0	210	9	12	4	2	7	8	2	4	1	0	2	0	2	
Queso Fresco	1 oz (28g)	90	7	9	4.5	23	0	25	8	180	8	1	0	0	0	0	0	0	6	0	15	0	0	
Roasted Carrot & Beet Salad	4 oz (113g)	180	14	18	4	20	0	10	3	340	15	12	4	3	11	8	3	6	4	0	8	6	6	
Roasted Corn & Cabbage Slaw	4 oz (113g)	140	11	14	1.5	8	0	5	2	420	18	11	4	1	4	2	0	0	2	0	2	0	4	
Salsa Verde	1 oz (28g)	10	0	0	0	0	0	0	0	180	8	2	1	0	0	1	0	0	0	0	0	0	0	
Shredded Romaine	1 oz (28g)	5	0	0	0	0	0	0	0	0	0	1	0	1	4	0	0	0	0	0	0	0	2	

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