

Prepared Foods Nutrition Facts



Asian	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)
Beef																						
Beef & Broccoli	4 oz (113g)	160	90	10	15	2.5	13	0	25	8	600	25	8	3	1	4	2	9	20	40	2	6
Beef & Udon Noodle	4 oz (113g)	150	40	4.5	7	1	5	0	10	3	430	18	21	7	1	4	2	5	110	20	2	4
Mongolian Beef w/Button Mushrooms	4 oz	170	80	9	14	2	10	0	20	7	880	37	14	5	1	4	6	10	50	4	2	6
Black Pepper Beef	4 oz (113g)	130	60	7	11	1.5	9	0	20	6	420	17	9	3	1	4	4	7	8	45	2	6
Chicken																						
"Bourbon" Chicken	4 oz (113g)	160	50	6	9	1.5	8	0	45	15	470	20	14	5	1	4	12	9	4	6	2	4
Cashew Chicken	4 oz (113g)	220	160	18	28	3	16	0	25	8	230	10	9	3	2	7	2	7	35	10	2	4
Chicken Makhani (Butter Chicken)	4 oz (113g)	150	70	8	12	2	10	0	65	22	470	20	4	1	1	4	2	14	2	2	2	4
Chicken with Broccoli	4 oz (113g)	130	60	8	12	1.5	8	0	40	14	530	22	8	3	1	5	2	10	30	45	2	4
Curry Chicken	4 oz (113g)	140	50	6	9	0	0	0	80	27	290	12	3	1	1	4	2	17	2	25	2	4
Eggplant & Chicken in Szechuan Pepper Sauce	4 oz (113g)	140	50	6	9	1	5	0	30	10	600	25	15	5	1	4	6	8	35	4	2	2
Kung Pao Chicken	4 oz (113g)	220	120	13	20	2	10	0	50	17	480	20	12	4	2	8	3	14	15	40	2	4
Moo Shu Chicken	4 oz (113g)	140	70	8	12	1.5	8	0	65	22	360	15	9	3	2	8	3	8	35	20	4	4

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Sesame Chicken	4 oz (113g)	150	70	8	12	1.5	8	0	30	9	400	17	14	5	0	1	7	8	0	4	2	4
Spicy General Tso Chicken	4 oz (113g)	170	70	8	13	1.5	8	0	35	12	490	20	14	5	1	2	6	11	2	4	0	4
Sweet and Sour Chicken	4 oz (113g)	230	110	12	18	2.5	13	0	50	16	170	7	12	4	1	2	0	17	0	0	2	6
Tandoori Chicken	4 oz (113g)	110	35	4	6	1	6	0	0	0	250	10	3	1	1	2	1	15	6	30	2	20
Thai Crispy Chicken	4 oz	160	40	4.5	7	0.5	3	0	30	10	330	14	21	7	1	4	12	11	10	50	0	4
Thai Red Curry Chicken	4 oz (113g)	150	70	7	11	4	19	0	35	11	500	21	12	4	1	5	4	7	8	30	0	2
Pork																						
Chinese Sausage & Peppers	4 oz (113g)	150	100	11	17	3	15	0	20	7	290	12	7	2	1	4	3	6	20	100	2	4
Peking Pork	4 oz (113g)	180	60	7	11	1.5	7	0	30	9	125	5	18	6	0	0	6	11	0	4	0	0
Roasted Pork Tenderloin w/Asian Root Vegetables	4 oz (113g)	110	20	2	3	0	0	0	35	12	480	20	12	4	1	4	4	12	45	10	2	6
Spicy Mandarin Pork Sirloin	4 oz (113 g)	170	80	10	15	1.5	8	0	15	5	420	18	15	5	1	4	6	8	6	30	2	2
Rice & Noodles																						
Basmati Rice	4 oz (113g)	60	0	0	0	0	0	0	0	0	210	9	15	5	0	0	0	1	0	0	0	15
Fried Rice - Pork	4 oz (113g)	180	30	3.5	5	0.5	4	0	30	11	460	19	31	10	0	1	4	6	15	2	2	35
Fried Rice - Vegetable	4 oz (113g)	180	30	3.5	5	0.5	3	0	30	10	410	17	32	11	0	2	2	4	15	2	2	40

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Happy Rice	4 oz (113g)	220	90	9	14	1	5	0	0	0	330	14	26	9	3	12	2	7	0	30	4	6
Singapore Noodles w/ Chicken & Shrimp	4 oz (113g)	160	50	6	9	1	5	0	50	16	680	26	17	6	1	3	1	4	15	8	4	8
Steamed Brown Rice	4 oz (113g)	170	15	2	3	0	0	0	0	0	0	0	34	11	3	13	1	3	0	0	0	0
Steamed Jasmine Rice	4 oz (113g)	170	5	0	0	0	0	0	0	0	0	0	37	12	0	0	0	3	0	0	0	10
Vegetable Lo Mein	4 oz (113g)	160	50	6	9	1	5	0	0	0	580	24	23	8	1	4	3	5	25	10	2	2
Vegetable Udon Noodles	4 oz (113g)	130	40	4.5	7	0.5	3	0	0	0	470	20	20	7	2	8	2	2	30	15	4	0
Seafood																						
Almond Shrimp	4 oz (113g)	140	70	8	12	0.5	3	0	45	15	380	16	12	4	2	8	4	8	40	35	6	4
Black Pepper Salmon	4 oz (113g)	150	80	9	14	1.5	8	0	30	10	600	25	7	2	0	0	4	12	110	30	2	2
Kung Pao Chicken and Shrimp	4 oz (413)	190	110	13	20	1.5	8	0	55	18	440	18	9	3	1	4	3	12	15	35	4	4
Kung Pao Shrimp	4 oz (113g)	170	100	11	17	1.5	8	0	80	27	680	28	7	2	1	4	2	12	10	30	6	2
Lemon Pepper Fish	4 oz (113g)	220	100	11	17	2.5	12	0	35	12	720	30	22	7	1	5	1	12	4	2	2	6
Salmon Teriyaki	4 oz (113g)	170	70	8	12	1	5	0	30	10	670	28	12	4	1	4	10	13	6	15	2	2
Shrimp in Cream Sauce	4 oz (113g)	300	200	22	34	4	20	0	110	36	470	19	15	5	0	1	3	10	4	10	4	2
Shrimp Malabar	4 oz (113g)	150	70	8	12	1.5	8	0	130	43	730	30	5	2	0	0	0	14	6	0	6	4
Shrimp Scampi	4 oz (113g)	170	110	14	22	5	25	0	110	37	640	27	2	1	0	0	0	12	6	8	6	2

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Spicy Shrimp Chow Mein with Basil	4 oz (113g)	140	40	4.5	7	0.5	3	0	25	8	420	18	17	6	1	4	2	6	20	20	4	2
Tom Tom Chili Garlic Fish	4 oz (113g)	140	80	9	14	1.5	8	0	5	2	470	20	5	2	0	0	3	10	6	20	4	2
Vegetables & Tofu																						
Asian Green Beans	4 oz (113g)	90	50	6	9	1	5	0	0	0	210	9	7	2	3	12	3	1	10	30	4	2
Asian Greens w/Mushroom Oyster Sauce	4 oz (113 g)	80	45	5	8	1	5	0	0	0	500	21	7	2	1	4	2	2	25	50	8	6
Braised Tofu & Mushrooms	4 oz (113g)	120	70	7	11	1	5	0	0	0	740	31	8	3	1	4	3	6	250	25	4	8
General Tofu	4 oz (113g)	200	120	14	21	2	10	0	0	0	580	24	11	4	2	6	6	8	4	15	2	8
Moo Shu Vegetable	4 oz (113g)	100	50	6	9	1	5	0	50	17	390	16	8	3	3	12	4	4	50	45	4	4
Paneer Makhani	4 oz (113g)	190	140	16	25	8	40	0	35	12	390	16	6	2	1	4	2	9	20	35	20	6
Spicy Hunan Cauliflower	4 oz (113g)	60	40	4.5	7	0.5	3	0	0	0	200	8	5	2	2	8	2	2	2	60	2	2
Spicy Hunan Mushrooms	4 oz (113g)	60	35	3.5	5	0	0	0	0	0	330	14	6	2	2	8	2	3	8	35	2	4
Steamed Baby Bok Choy w/ Oyster Sauce & Shiitake	4 oz (113g)	70	35	4	6	0.5	3	0	0	0	750	31	8	3	1	4	5	1	20	50	6	6
Stir Fried Asian Vegetables	4 oz (113g)	60	25	2.5	4	0	0	0	0	0	370	15	6	2	1	4	2	2	640	130	10	10
Stir Fry Broccoli & Mushrooms	4 oz (113)	80	45	5	8	1	5	0	0	0	330	14	7	2	3	12	1	2	25	90	4	4
Vegetable Delight	4 oz (113g)	40	15	1.5	2	0	0	0	0	0	390	16	6	2	2	8	1	1	20	35	2	2

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Veggie Stir Fry	4 oz (113 g)	100	60	6	9	1	5	0	0	0	780	33	10	3	3	12	4	3	20	45	6	4
Yu Choy w/Szechuan Black Bean Sauce	4 oz (113g)	110	70	8	12	1.5	8	0	0	0	770	32	8	3	1	4	2	2	40	120	10	10
Zucchini & Mushroom Stir Fry	4 oz (113g)	50	10	1.5	2	0	0	0	0	0	320	13	9	3	1	4	5	2	15	60	2	2
Snacks																						
Naan Bread	1 Piece (73g)	220	50	6	9	1.5	8	0	10	3	490	20	34	11	1	4	3	6	0	0	6	10
Organic Chicken Dumplings	1 Piece (23g)	40	10	1	2	0	1	0	5	2	55	2	5	2	0	2	0	2	2	4	0	0
Pork Egg Rolls	1 Piece (3 oz)	210	90	10	15	1.5	9	0	10	3	320	13	21	7	2	8	2	6	0	0	2	2
Pork Pot Stickers	1 Pieces (27g)	50	20	2.5	4	0	2	0	5	1	95	4	6	2	0	2	1	2	2	4	0	0
Thai Pork Spring Roll	1 ea (1.25 oz)	70	40	4.5	7	1	6	0	10	3	150	6	5	2	0	0	2	3	15	6	0	2
Shrimp Egg Rolls	1 Piece (3 oz)	190	70	8	12	1	6	0	15	5	330	14	22	7	2	8	3	5	10	20	2	4
Vegetable Egg Rolls	1 Piece (3 oz)	200	80	9	13	1.5	7	0	0	0	390	16	25	8	2	8	1	4	0	30	2	2
Sauces																						
Dumpling Dipping Sauce	2 oz (57 g)	50	0	0	0	0	0	0	0	0	790	33	10	3	0	0	10	2	0	0	0	0
Sweet & Sour Sauce	2 oz (57g)	100	0	0	0	0	0	0	0	0	350	15	26	9	1	4	22	0	2	2	0	2

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