

Prepared Foods Nutrition Facts



COFFEE SHOP - SMOOTHIES

Organic Fruit & Yogurt Smoothies	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)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(g)	(%DV)	(%DV)	(%DV)	(%DV)
Mango	12 oz	250	0	0	0	0	0	5	2	25	1	58	21	2	7	48	2	4	6	0	6	0	6
Peach	12 oz	270	0	0	0	0	0	5	2	25	1	61	22	0	0	55	2	4	6	0	6	0	6
Raspberry	12 oz	270	0	0	0	0	0	5	2	25	1	59	21	2	7	50	2	4	6	0	6	0	2
Strawberry	12 oz	270	0	0	0	0	0	5	2	25	1	59	21	2	7	51	2	4	6	0	6	0	2
Strawberry Banana	12 oz	250	0	0	0	0	0	5	2	25	1	58	21	0	0	50	2	4	6	0	6	0	4
Mango	16 oz	380	0	0	0	0	0	5	2	35	2	87	32	2	7	72	3	6	9	0	8	0	10
Peach	16 oz	410	0	0	0	0	0	5	2	35	2	92	33	0	0	82	3	6	9	0	8	0	8
Raspberry	16 oz	410	0	0	0	0	0	5	2	35	2	89	32	2	7	75	3	6	9	0	8	0	2
Strawberry	16 oz	410	0	0	0	0	0	5	2	35	2	89	32	2	7	77	3	6	9	0	8	0	4
Strawberry Banana	16 oz	380	0	0	0	0	0	5	2	35	2	87	32	0	0	75	3	6	9	0	10	0	6
Mango	20 oz	510	0	0	0	0	0	10	3	45	2	116	42	3	11	97	4	8	12	0	10	0	15
Peach	20 oz	540	0	0	0	0	0	10	3	45	2	122	44	0	0	109	4	8	12	0	10	0	10
Raspberry	20 oz	540	0	0	0	0	0	10	3	45	2	119	43	3	11	100	4	8	12	0	10	0	4
Strawberry	20 oz	540	0	0	0	0	0	10	3	45	2	119	43	3	11	103	4	8	12	0	10	0	6
Strawberry Banana	20 oz	510	0	0	0	0	0	10	3	45	2	116	42	0	0	100	4	8	12	0	10	0	8
Light Whipped Cream	1 oz	70	5	6	3.5	18	0	20	7	10	0	4	1	0	0	4	3	6	1	0	2	0	0
Protein Powder	.75 oz	70	0	0	0	0	0	10	3	75	3	2	1	0	0	0	0	0	16	0	30	0	2

Have questions or comments?
 Call Wegmans Consumer Care Center:
 1-800-WEGMANS (934-6267)
 Monday - Friday 8 AM - 7 PM ET
 Saturday Sunday 8 AM - 5 PM ET

Prepared Foods Nutrition Facts



Organic Fruit Smoothies	Serving Size	Calories	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Added Sugar		Protein	Vitamin D	Calcium	Potassium	Iron
			(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(g)	(%DV)	(%DV)	(%DV)	(%DV)
Mango	12 oz	220	0	0	0	0	0	0	0	5	0	56	20	2	7	46	0	0	0	0	0	0	4
Peach	12 oz	240	0	0	0	0	0	0	0	5	0	59	21	0	0	53	0	0	0	0	2	0	4
Raspberry	12 oz	240	0	0	0	0	0	0	0	5	0	58	21	2	7	48	0	0	0	0	2	0	0
Strawberry	12 oz	240	0	0	0	0	0	0	0	5	0	58	21	2	7	50	0	0	0	0	2	0	2
Strawberry Banana	12 oz	220	0	0	0	0	0	0	0	5	0	56	20	0	0	48	0	0	0	0	2	0	2
Mango	16 oz	340	0	0	0	0	0	0	0	10	0	84	31	2	7	70	0	0	0	0	2	0	8
Peach	16 oz	360	0	0	0	0	0	0	0	10	0	89	32	0	0	79	0	0	0	0	2	0	6
Raspberry	16 oz	360	0	0	0	0	0	0	0	10	0	86	31	2	7	72	0	0	0	0	2	0	0
Strawberry	16 oz	360	0	0	0	0	0	0	0	10	0	86	31	2	7	74	0	0	0	0	2	0	2
Strawberry Banana	16 oz	340	0	0	0	0	0	0	0	10	0	84	31	0	0	72	0	0	0	0	2	0	4
Mango	20 oz	450	0	0	0	0	0	0	0	10	0	112	41	3	11	93	0	0	0	0	2	0	10
Peach	20 oz	480	0	0	0	0	0	0	0	10	0	118	43	0	0	106	0	0	0	0	2	0	8
Raspberry	20 oz	480	0	0	0	0	0	0	0	10	0	115	42	3	11	96	0	0	0	0	2	0	0
Strawberry	20 oz	480	0	0	0	0	0	0	0	10	0	115	42	3	11	99	0	0	0	0	2	0	2
Strawberry Banana	20 oz	450	0	0	0	0	0	0	0	10	0	112	41	0	0	96	0	0	0	0	2	0	6
Light Whipped Cream	1 oz	70	5	6	3.5	18	0	20	7	10	0	4	1	0	0	4	3	6	1	0	2	0	0
Protein Powder	.75 oz	70	0	0	0	0	0	10	3	75	3	2	1	0	0	0	0	0	16	0	30	0	2

Have questions or comments?
 Call Wegmans Consumer Care Center:
 1-800-WEGMANS (934-6267)
 Monday - Friday 8 AM - 7 PM ET
 Saturday Sunday 8 AM - 5 PM ET