

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	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)
Artichoke & Asiago Dip	2 Tbsp (30g)	140	130	15	23	1.5	8	0	10	3	160	7	1	0	1	4	0	1	6	2	2	0	
Baba Ghanouj	2 Tbsp (30g)	80	70	8	12	1.5	8	0	5	2	160	7	2	1	0	0	1	1	0	0	2	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	
Tatziki Dip	2 Tbsp (30g)	45	35	4	6	1	5	0	5	2	150	6	2	1	0	0	1	1	0	0	2	0	
Roasted Red Tomato Bruschetta	2 Tbsp (30g)	45	30	3.5	5	0	0	0	0	0	180	8	3	1	1	4	2	0	4	2	4	0	
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	
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	
Hummus	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)
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	4	0	0	0	0	0	100	4	6	2	2	8	1	2	2	2	2	10	
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.