

Mediterranean Bar Nutrition Facts



Pitted Olives	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)
Gigante Olives - Pitted	2 olives (15g)	30	25	3	4	0	0	0	0	0	350	15	1	0	0	0	0	0	0	0	0	0
Greek Ripe Black Olives - Pitted	3 olives (15g)	30	25	3	5	0	0	0	0	0	125	5	0	0	0	0	0	0	0	0	2	0
Kalamata Olives - Pitted	4 olives (15g)	45	40	4.5	6	0.5	3	0	0	0	220	9	1	0	1	4	0	0	0	2	0	0
Nicoise-Coquillo Pitted Olives	9 olives (15g)	50	45	5	6	0	0	0	0	0	170	7	1	0	1	4	0	0	0	0	0	0
Oil Cured Olives - Pitted	8 olives (16g)	70	10	1	1	0	0	0	0	0	85	4	0	0	0	0	0	0	0	0	0	2
Castelvetrano Olives - Pitted	3 olives (23g)	40	40	5	8	0	0	0	0	0	200	8	2	1	2	8	0	0	0	0	0	0

Olives with Pits	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)
Castelvetrano Olives	2 olives (15g)	25	25	3.5	5	0	0	0	0	0	135	6	1	0	1	4	0	0	0	0	0	0
Cerignola Black Olives	2 olives (20g)	25	20	2	3	0	0	0	0	0	200	8	1	0	1	4	0	0	0	0	2	0
Cerignola Green Olives	1-2 olives (15g)	20	15	2	3	0	0	0	0	0	200	8	1	0	1	4	0	0	0	0	0	0
Kalamata Olives	3 olives (15g)	45	40	4.5	7	0.5	3	0	0	0	220	9	1	0	1	4	0	0	0	0	0	0
Mammoth Black Greek Olives	3 olives (17g)	30	25	2.5	4	0.5	3	0	0	0	330	14	2	1	0.5	4	0	0	0	0	0	0
Super Colossal Calabrese Olives	2 olives (20g)	25	20	2	3	0.5	3	0	0	0	340	14	2	1	1	4	0	0	0	0	0	0

Seasoned Olives	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)
Sangria Olive Mix	3 olives (15g)	25	20	2	3	0	0	0	0	0	0	0	2	1	1	4	2	0	0	0	0	0
Smoked Paprika Olive Medley	5 olives (28g)	60	50	6	9	0.5	3	0	0	0	230	10	3	1	1	4	0	0	0	2	4	
Turmeric Olive Medley	4 oz (113g)	250	200	22	34	2.5	13	0	0	0	960	40	17	6	9	36	1	3	0	0	15	40
Zesty Olives	5 olives (28g)	50	45	5	8	0.5	3	0	0	0	260	11	2	1	1	4	0	0	0	0	2	4

Stuffed Olives	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)

Call Wegmans Consumer Affairs
Monday-Friday 8 a.m. - 5 p.m.

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Anchovy Stuffed Olives	1 olive (15g)	60	60	7	11	0.5	3	0	0	0	140	6	0	0	0	0	0	0	0	0	2	
Feta Stuffed Olives	1 olive (17g)	60	60	7	11	1.5	8	0	0	0	110	5	0	0	0	0	0	0	0	0	2	2
Garlic Stuffed Kalamata Olives	2 olives (14g)	20	20	2	3	0.5	3	0	0	0	260	11	1	0	0	0	0	0	6	0	2	
Gorgonzola Stuffed Olives	1 olive (15g)	60	60	7	11	1	5	0	0	0	190	8	0	0	0	0	0	2	0	2	0	
Mt. Athos Green Olives with Garlic	2 olives (15g)	20	20	2	3	0	0	0	0	0	230	10	1	0	0	0	0	0	6	0	0	
Red Pepper Stuffed Greek Olives	2 olives (15g)	25	25	2.5	4	0	0	0	0	0	210	9	1	0	0	0	0	2	6	2	0	
Piri Piri Stuffed Olives	2 olives (18g)	30	30	3	4	0.5	3	0	0	0	260	11	1	0	0	0	0	2	8	0	2	

Olive Salads	Serving Size (g)	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat (g)	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
				(g)	(%DV)	(g)	(%DV)		(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)						
Greek Feta Salad	1/2 cup (85g)	240	160	18	28	12	60	0	55	18	1280	53	2	1	0	0	0	15	10	0	20	0
Greek Olive Mix - Pitted	3 olives (15g)	35	30	3.5	5	0	0	0	0	0	230	10	1	0	0	0	0	0	0	0	0	0
Greek Olive Mix - Contains Pits	3 olives (15g)	35	30	3.5	5	0	0	0	0	0	230	10	1	0	0	0	0	0	0	0	0	0
Hot Pitted Olive Salad	2/3 cup (113g)	110	80	9	12	1.5	8	0	0	0	210	9	8	3	3	11	0	0	0	0	0	0
Mixed Medley Olive Salad - Contains Pits	8 olives (16g)	15	10	1.5	2	0	0	0	0	0	30	1	1	0	0	0	0	0	0	0	0	0
Mt. Athos Green Greek Olives with Sicilian Herbs	3 olives (15g)	20	20	2	3	0	0	0	0	0	290	12	1	0	0	0	0	0	0	0	2	0
Mt. Athos Green Olives with Almonds	2 olives (15g)	35	25	3	4	0	0	0	0	0	200	9	1	0	0	0	0	1	0	6	0	0
Oil Cured Olives with Truffle Oil	8 olives (15g)	70	50	6	9	0.5	3	0	0	0	540	23	3	1	1	4	0	0	0	0	0	2
Oil Cured Olives	(16g)	70	50	6	9	0.5	3	0	0	0	540	23	3	1	1	4	0	0	0	0	0	0
Olive Jubilee - Pitted	1 olive (16g)	60	60	7	11	1.5	8	0	0	0	105	4	0	0	0	0	0	0	0	0	2	0
Piccante Green Olives	3 olives (18g)	30	25	3	5	0.5	3	0	0	0	420	18	1	0	0	0	0	0	0	0	0	0
Provolini Antipasti	2/3 cup (100g)	250	180	20	26	7	35	0	25	8	1110	48	9	3	3	11	2	10	15	10	40	35
Danny's Favorite Olive Mix w/Roasted Tomatoes	3 oz (85g)	150	90	10	15	1.5	8	0	0	0	400	17	9	3	2	8	6	2	10	6	2	8

Selections vary by store and seasonality.