

Restaurant Foods Nutrition Facts

Wings & Things Hot Bar <small>May not be available at all stores</small>	Serving Size (g)	Calories	Total Fat (g)	Total Fat (%DV)	Saturated Fat (g)	Saturated Fat (%DV)	Trans Fat (g)	Cholesterol (mg)	Cholesterol (%DV)	Sodium (mg)	Sodium (%DV)	Total Carbohydrates (g)	Total Carbohydrates (%DV)	Dietary Fiber (g)	Dietary Fiber (%DV)	Sugar (g)	Added Sugar (g)	Added Sugar (%DV)	Protein (g)	Vitamin D (%DV)	Calcium (%DV)	Iron (%DV)	Potassium (%DV)
Chicken Wings	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Plain Wings	4 Wings (121g)	350	28	36	7	35	0	140	47	780	34	1	0	0	0	1	0	0	24	0	2	6	4
BBQ Wings	4 Wings (144g)	400	28	36	7	35	0	140	47	970	42	12	4	0	0	11	9	18	24	0	2	6	6
Craft Beer BBQ Wings	4 Wings (144g)	400	28	36	7	35	0	140	47	1060	46	11	4	0	1	9	8	16	24	0	2	6	4
Danny's Born in Buffalo Medium Wings	4 Wings (144g)	390	32	41	9	45	0	150	50	1430	62	2	1	1	2	1	0	0	24	0	2	4	6
Garlic Parmesan Wings	4 Wings (150g)	470	38	49	10	50	0	150	50	1060	46	3	1	0	0	2	1	2	27	0	8	6	6
Lemon Pepper Wings	4 Wings (123g)	360	28	36	7	35	0	140	47	1330	58	2	1	0	0	1	0	0	24	0	2	6	4
Nashville Hot Wings	4 Wings (144g)	390	29	38	7	35	0	140	47	990	43	8	3	1	2	6	5	10	24	0	2	6	6
Old Bay Wings	4 Wings (122g)	360	28	36	7	35	0	140	47	970	42	2	1	0	0	1	0	0	24	0	2	6	4
Sweet 'n Spicy Wings	4 Wings (144g)	400	28	36	7	34	0	140	47	870	38	11	4	0	1	11	10	19	24	0	2	4	6
Chicken Tenders	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Plain Chicken Tenders	1 Tender (60g)	130	7	9	1.5	7	0	25	8	360	16	10	4	1	2	1	1	1	8	0	0	2	4
Boneless Chicken Bites	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Plain Boneless Bites	1 Bite (20g)	50	3	4	0.5	3	0	5	2	150	7	2	1	0	0	0	0	0	3	0	0	0	2
Things	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Beer Battered Onion Rings	3 oz (85g)	200	12	15	2	10	0	0	0	220	10	20	7	1	4	4	2	4	2	0	0	6	2
Buffalo-Style Chicken Logs	1 Chicken Log (67g)	190	9	12	2.5	13	0	20	7	330	14	18	7	1	4	3	0	0	9	0	2	6	2
Jalapeno Poppers	1 Popper (31g)	60	4	5	1.5	8	0	5	2	100	4	4	1	0	0	0	0	0	1	0	0	0	0
Mozzarella Sticks	1 Stick (23g)	70	4	5	1.5	8	0	5	2	160	7	6	2	0	0	0	0	0	3	0	6	0	0
Pizza Logs	1 Pizza Log (54g)	150	7	9	3	15	0	15	5	150	7	18	7	1	4	1	0	0	7	0	6	6	2
Seasoned Potato Wedges	4 oz (113g)	210	10	13	1.5	8	0	0	0	500	22	27	10	2	7	0	0	0	2	0	2	6	10

Have questions or comments? Call Wegmans Consumer Care Center:
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Macaroni and Cheese	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Macaroni and Cheese	4 oz (113g)	180	9	12	4	21	0	20	7	330	14	18	6	1	2	3	0	0	7	2	10	4	2
Buffalo Macaroni and Cheese	4 oz (113g)	160	8	10	3	16	0	20	6	580	25	17	6	1	2	3	0	0	7	2	8	6	4
Crab Macaroni and Cheese	4 oz (113g)	200	11	14	4	20	0	30	10	440	19	18	7	1	4	2	0	0	8	0	10	6	2