

# Restaurant Foods Nutrition Facts

<b>Asian</b>	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)
<b>Beef</b>	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Beef & Udon Noodle	4 oz (113g)	160	6	8	1	5	0	10	3	370	16	22	8	2	7	2	2	4	5	0	2	0	2
Black Pepper Beef	4 oz (113g)	150	9	12	2	10	0	25	8	450	19	9	3	1	4	4	2	4	8	0	2	4	4
<b>Chicken</b>	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Chicken with Broccoli	4 oz (113g)	170	9	11	1.5	8	0	40	13	1290	56	13	5	0	1	5	5	9	10	2	2	4	6
Glazed Chicken Teriyaki	4 oz (113g)	140	2.5	3	0.5	3	0	65	22	840	37	14	5	0	0	10	10	20	14	0	2	6	6
Kung Pao Chicken	4 oz (113g)	240	16	21	2.5	13	0	50	17	450	20	11	4	2	7	4	2	4	14	0	2	6	6
Sesame Chicken	4 oz (113g)	230	11	15	2.5	13	0	70	24	320	14	22	8	0	1	11	11	22	10	0	2	4	4
Spicy General Tso Chicken	4 oz (113g)	230	14	17	2.5	13	0	65	22	420	18	17	6	0	0	6	5	10	10	0	2	4	4
Sweet & Sour Chicken	4 oz (113g)	210	8	10	1.5	8	0	40	14	780	34	19	7	2	5	0	0	0	16	0	4	8	6
Thai Crispy Chicken	4 oz (113g)	190	6	8	1	5	0	35	12	420	18	25	9	2	7	15	10	20	10	0	0	6	4
<b>Rice &amp; Noodles</b>	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Fried Rice - Vegetable	4 oz (113g)	180	3.5	4	0.5	3	0	30	10	450	20	33	12	1	4	2	1	2	5	0	2	10	2
Singapore Rice Noodles w/ Chicken & Shrimp	4 oz (113g)	210	14	18	2.5	12	0	50	17	830	36	14	5	1	4	1	1	1	6	0	2	4	4
Steamed Jasmine Brown Rice	4 oz (113g)	200	2.5	3	0	0	0	0	0	0	0	39	14	2	7	0	0	0	3	0	0	6	2
Steamed Jasmine Rice	4 oz (113g)	190	0	0	0	0	0	0	0	0	0	41	15	0	0	0	0	0	4	0	0	15	0
Vegetable Lo Mein	4 oz (113g)	180	7	9	1	5	0	0	0	710	31	24	9	0	0	2	2	4	5	0	2	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

<b>Asian</b>	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)
<b>Seafood</b>	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Kung Pao Shrimp	4 oz (113g)	180	12	15	1.5	8	0	80	27	640	28	8	3	2	7	3	2	4	12	0	4	6	4
Lemon Pepper Fish	1 piece (120g)	230	12	15	2.5	13	0	40	13	950	41	19	7	0	0	1	0	0	13	0	2	6	0
Steamed Fish with Ginger & Scallions	1 piece (138g)	60	0	0	0	0	0	15	5	1010	44	7	3	0	0	4	3	6	7	0	2	0	4
<b>Vegetables &amp; Tofu</b>	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Asian Green Beans	4 oz (113g)	70	2.5	3	0	2	0	0	0	960	42	9	3	3	10	5	2	4	2	0	2	2	4
Kung Pao Tofu	4 oz (113g)	250	20	26	3	15	0	0	0	600	26	10	4	3	11	3	1	2	11	0	2	6	4
Spicy Hunan Cauliflower	4 oz (113g)	60	3.5	4	0	0	0	0	0	200	9	7	3	2	7	3	1	2	2	0	2	6	4
Stir Fried Asian Vegetables	4 oz (113g)	100	3.5	4	0	0	0	0	0	460	20	14	5	4	14	9	5	10	3	0	2	0	4
General Tso Tofu	5 oz (113g)	200	15	20	2.5	11	0	0	0	400	17	8	3	2	7	4	2	4	7	0	2	6	2
Sesame Ginger Tofu with Baby Bok Choy	4 oz (113g)	120	7	9	1	5	0	0	0	570	25	8	3	2	7	4	3	6	6	0	6	6	4
Stir Fry Broccoli & Mushrooms	4 oz (113g)	90	4	5	0.5	3	0	0	0	700	30	12	4	4	14	5	2	4	3	0	4	6	8
Thai Yellow Curry with Tofu & Vegetables	4 oz (113g)	130	11	14	7	35	0	0	0	320	14	6	2	1	4	3	1	2	3	0	2	0	4
Veggie Delight	4 oz (113g)	90	6	8	1	5	0	0	0	720	31	6	2	2	7	3	1	2	2	0	4	6	6
<b>Snacks</b>	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Pork Egg Rolls	1 Each (3 oz)	210	10	13	2	10	0	10	3	340	15	23	8	2	7	2	1	2	6	0	2	6	4
Pork Pot Stickers	1 Piece (27g)	50	2.5	3	0	2	0	5	1	95	4	6	2	0	2	1	0	0	2	0	0	0	0

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Vegetable Egg Rolls	1 Each (3 oz)	200	9	12	1.5	8	0	0	0	390	17	25	9	3	11	3	1	2	4	0	2	6	4
<b>Sauces</b>	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Chana Masala	2 Tbsp (28g)	40	0.5	1	0	0	0	0	0	60	3	4	1	1	4	1	0	0	1	0	2	6	2
Dumpling Dipping Sauce	2 oz (57g)	30	0	0	0	0	0	0	0	410	18	6	2	0	0	6	6	12	1	0	0	0	0
Paneer Makhani	2 Tbsp (28g)	50	4	5	2.5	13	0	5	2	50	2	2	1	0	0	1	0	0	2	0	2	0	0
Sweet & Sour Chicken Sauce	2 oz (56g)	110	0	0	0	0	0	0	0	340	15	27	10	0	0	23	22	44	0	0	0	0	2
Tamarind Chutney	2 Tbsp (28g)	50	0	0	0	0	0	0	0	150	7	13	5	1	4	11	11	22	0	0	0	6	0