

Restaurant Foods Nutrition Facts

Asian	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)
Beef	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
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
Chicken	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Chicken with Broccoli	4 oz (113g)	170	9	11	1.5	8	0	40	13	1210	53	13	5	0	1	5	5	9	10	2	2	4	6
Glazed Chicken Teriyaki	4 oz (113g)	140	2	3	0.5	3	0	50	17	1100	48	19	7	0	0	14	13	26	12	0	2	6	6
Kung Pao Chicken	4 oz (113g)	270	19	24	3	15	0	50	17	440	19	12	4	2	7	4	2	4	14	0	2	6	10
Sesame Chicken	4 oz (113g)	210	9	11	1.5	7	0	60	20	550	24	24	9	0	0	13	13	27	9	2	2	2	6
Spicy General Tso Chicken	4 oz (113g)	210	11	14	1.5	8	0	70	23	420	18	17	6	0	0	6	5	10	11	2	2	2	8
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
Red Thai Curry Chicken	4 oz (113g)	150	11	14	8	40	0	15	5	510	22	8	3	0	0	4	2	4	5	0	0	2	6
Rice & Noodles	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Beef Chow Fun Noodles	4 oz (113g)	160	7	9	1	5	0	10	3	770	33	25	9	0	0	3	2	4	5	0	4	4	4
Fried Rice - Vegetable	4 oz (113g)	180	3.5	4	0.5	3	0	30	10	420	18	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	750	33	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

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

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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
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
Sauces	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
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
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