

Nutritional Information - Soups



Menu Item	Serving Size	Calories	Cals from fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	Vegetarian	Vegan	Gluten Free	Contains Egg	Contains Dairy	Contains Soy	Contains Tree Nuts	Contains Peanuts	Contains Fish	Contains Shellfish	Additional info	
BROCCOLI CHEDDAR SOUP	8 OZ	248	149	17	12	0	46	361	14	1	12	9	X			X								
BUTTERNUT SQUASH WITH APPLE SOUP	8 OZ	80	8	1	0	0	0	212	12	2	6	1	X	X	X									
CHICKEN AND TURKEY SAUSAGE GUMBO	8 OZ	240	67	7	1	0	116	776	7	0	2	33					X							
CHICKEN NOODLE, PASTINI OR RICE SOUP	8 OZ	153	19	2	0	0	47	136	20	1	4	13			X									
CHICKEN TORTILLA SOUP	8 OZ	168	53	6	1	0	23	264	19	4	6	11		X										
CREAMY CRAB SOUP	8 OZ	206	126	14	6	0	27	1012	12	1	10	7				X	X					X		
CUBAN BLACK BEAN SOUP	8 OZ	124	33	4	1	0	0	376	18	5	4	5	X	X	X									
LOBSTER BISQUE	8 OZ	166	71	8	6	0	22	1272	16	0	12	6				X	X			X	X			
MEATBALL, TORTELLINI AND SPINACH SOUP	8 OZ	114	55	6	2	0	10	672	11	2	3	4			X	X	X							
MORROCCAN RED LENTIL SOUP	8 OZ	110	25	3	0	0	0	163	18	3	3	5	X	X	X									
MUSHROOM BARLEY SOUP	8 OZ	74	3	0	0	0	0	320	19	3	2	3	X	X										
QUINOA VEGETABLE KALE SOUP	8 OZ	62	7	1	0	0	0	429	12	3	3	3	X	X	X									
TOMATO BISQUE SOUP	8 OZ	477	391	46	27	0	122	28	18	2	14	4	X		X	X								
VEGAN TORTILLA SOUP	8 OZ	109	35	4	1	0	0	293	17	4	5	3	X	X	X									
VEGETABLE MINISTRONE SOUP	8 OZ	63	3	0	0	0	0	527	13	2	3	3	X	X										
CHICKEN WHITE BEAN CHILI	14.5 OZ	402	77	9	0	0	168	763	20	6	3	55			X									
VEGETABLE CHILI	10 OZ	198	43	6	2	0	0	612	27	8	7	12	X	X	X		X							
CHILI CON CARNE	14.5 OZ	359	111	12	6	0	69	990	33	8	9	29			X									

X1 Soups containing pasta may contain traces of egg.

DISCLAIMER

Nutritional information is based on standard recipes and uses the latest nutritional data available from the USDA as well as nutritional data provided by food manufacturers about their products. Variations may occur due to product availability and food preparation. If you have a food allergy, please note that many of our menu items may potentially come in contact with other allergens. This site is not a substitute for the services of a trained health professional.