

Soup (8 oz.)	Kcal	Fat Kcal	Ttl. Fat	Sat. Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
Beef Stroganoff	220g	80g	9g	4.5g	30mg	890mg	23g	<1g	8g	10g
Tortilla Soup Especial	160g		6g		50mg	840mg	11g	1g		16g
Organic Tomato Gorgonzola with Basil	140g	70g	8g	2.5g	10mg	950mg	14g	2g	6g	6g
Heartland Chicken and Rice	170g	60g	7g	3.5g	20mg	1020mg	19g	<1g	7g	9g
Chicken Noodle w/Seashell Pasta	100g	15g	1.5g	1g	10mg	1030mg	14g	1g	4g	5g
Creamy Chicken and Dumpling	140g	50g	5g	2g	40mg	1100g	16g	1g	3g	7g
Organic 4 Bean Vegetarian Chili	180g	10g	1g	0g	0mg	890mg	34g	8g	5g	10g
Organic Tortellini Vegetable Minestrone	140mg	70g	8g	2.5g	10mg	950mg	14g	2g	6g	6g
SteakMan Jack Chili w/Beans	360g		16g		55mg	1010mg	30g	8g		23g
Vegetable Beef Barley	120g	25g	3g	1.5g	15mg	820mg	17g	3g	4g	6g
Soup (8 oz.)	Kcal	Fat Kcal	Ttl. Fat	Sat. Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
Northwest Clam Chowder	220g	100g	11g	7g	40mg	880mg	20g	1g	7g	11g
Baked Potato and Cheddar	290g	150g	17g	11g	50mg	850mg	24g	2g	5g	10g
Lobster Bisque	310g	230g	25g	13g	70mg	980mg	12g	<1g	<1g	9g
Split Pea and Black Forrest Ham	190g	35g	3.5g	1.5g	5mg	800mg	27g	5g	4g	11g
Italian Wedding Soup with Meatballs	120g	40g	4.5g	1.5g	15mg	920mg	15g	1g	3g	5g
Creamy Butternut Squash w/Curry	250g	160g	18g	9g	45mg	360mg	23g	2g	7g	2g
Basil Chicken Chili with Beans	240g	50g	6g	1.5g	55mg	810mg	23g	4g	7g	24g
Crab and Sweet Corn Chowder	420g	300g	33g	21g	145mg	930mg	18g	1g	7g	11g
Jambalaya	230g	80g	9g	3g	40mg	830mg	22g	2g	4g	13g
Garden Vegetable Lentil	140g		2.5g		0mg	960mg	22g	7g		7g