

ank

Soups	Serving	Calories	Cal from Fat	Total fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugar (g)	Protein (g)	Identifiers	Allergens:
Southwest Vegetable Chili	8oz	150		20	2	0	0	0	780	27	7	5	6 Vg	wheat, gluten
	16oz	300		40	4	0	0	0	1560	54	14	10	12	
Poblano w/ White Cheddar	8oz	310		230	25	15	0.5	80	860	14	1	5	8 V	milk
	16oz	620		460	50	30	1	160	1720	28	2	10	16	
Butternut Squash	8oz	160		60	7	5	0	25	710	22	2	7	2 V	milk
	16oz	320		120	14	10	0	50	1420	44	4	14	4	
Broccoli Cheddar	8oz	190		130	14	5	0	20	950	10	1	3	5 V	milk, soy
	16oz	380		260	28	10	0	40	1900	20	2	6	10	
Vegan Vegetable	8oz	100		20	2	0	0	0	750	17	4	7	4 Vg	wheat
	16oz	200		40	4	0	0	0	1500	34	8	14	8	
Red Pepper Gouda	8oz	300		200	22	9	0.5	40	900	18	4	13	7 V	milk, wheat, soy, gluten
	16oz	600		400	44	18	0	80	1800	36	8	26	14	
Chicken Tortilla	8oz	110		30	3.5	0.5	0	20	620	14	2	3	8	
	16oz	220		60	7	1	0	40	1240	28	4	6	16	
Chicken Noodle	8oz	70		20	2	0.5	0	15	800	10	0	1	4	eggs, wheat, soy, gluten
	16oz	140		40	4	1	0	30	1600	20	0	2	8	
New England Clam Chowder	8oz	110		40	4	0.5	0 less than 5mg		830	15	1	1	3	milk, wheat, fish, shellfish, gluten
	16oz	220		80	8	1	0	10	1660	30	2	2	6	
Italian Wedding	8oz	100		20	2.5	1	0	10	660	14	1	1	6	milk, wheat, soy, gluten
	16oz	200		40	5	2	0	20	1320	28	2	2	12	
French Onion	8oz	80		35	5	0.5	0 less than 5mg		800	7	1	5	2	soy
	16oz	160		70	10	1	0	5	1600	14	2	10	4	
Beef Chili	8oz	220		70	8	3.5	0	20	800	23	7	5	14	
	16oz	440		140	16	7	0	40	1600	46	14	10	28	
Lobster Bisque	8oz	400		320	35	11	1	85	930	13	0	6	7	milk, wheat, fish, shellfish, gluten
	16oz	800		640	70	22	2	170	1860	26	0	12	14	