

# NUTRITIONAL INFORMATION: SOUP

Menu Item	Serving Size	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Chicken Noodle Soup	8 floz	70	10	1.5	0	0	15	680	10	< 1	1	5
Vegetarian Minestrone Soup	8 floz	80	10	1	0	0	0	810	14	3	2	3
Broccoli Cheese Soup	8 floz	220	150	16	9	0	45	930	13	1	4	8
Curried Rice Lentil Soup	8 floz	110	15	1.5	0	0	0	850	20	5	3	5
Wild Mushroom Bisque	8 floz	120	50	6	2	0	5	690	15	2	4	3
Italian Wedding Soup	8 floz	100	35	4	1.5	-	10	980	12	2	3	5
Potato Leek Soup	8 floz	190	110	12	8	-	45	1040	17	2	2	4
Black Bean Soup	8 floz	170	5	1	0	0	0	750	31	17	2	10
Split Pea Soup	8 floz	170	10	1	0	0	0	820	28	10	2	12
Carrot Ginger Soup	8 floz	90	25	3	-	0	0	650	15	2	7	< 1
Stuffed Potato Soup	8 floz	240	140	15	6	-	25	730	20	1	1	6
Old Fashioned Tomato Soup	8 floz	130	45	5	2	0	10	800	18	2	9	4
Beef Vegetable Soup	8 floz	100	15	2	1	0	15	680	14	3	2	6
Chicken Dumpling Soup	8 floz	150	40	4.5	2	0	35	870	19	1	4	7
Chicken Florentine Soup	8 floz	170	70	8	3.5	0	25	710	17	1	3	5
Cream of Chicken Rice	8 floz	160	80	9	3.5	0	20	660	15	1	2	4
Moroccan Tomato Lentil	8 floz	120	15	1.5	0	0	0	720	21	7	4	7
French Onion Soup	8 floz	80	25	2.5	1.5	-	10	1440	12	< 1	4	2
Garden Vegetable Soup	8 floz	80	0	0	0	0	0	840	17	3	3	3
Harvest Pumpkin Soup	8 floz	160	80	9	4.5	0	25	870	18	2	4	3
Hearty Cabbage Soup	8 floz	80	25	3	1	0	5	700	10	2	3	3
Jamaican Black Bean Soup	8 floz	170	5	0.5	0	0	0	300	29	15	4	11
Macaroni Cheese Soup	8 floz	330	170	19	12	0	70	930	24	< 1	3	13
Mediterranean Pepper Soup	8 floz	120	30	3.5	0	0	0	410	18	5	3	5
Tomato Rice Soup	8 floz	80	10	1	0	0	-	190	16	1	4	2
Portuguese Kale Soup	8 floz	80	30	3.5	0.5	0	5	830	10	2	1	4
Potato Cheese Soup	8 floz	170	80	9	6	0	25	850	16	< 1	3	4
Red Bean and Rice Soup	8 floz	180	35	4	1	-	10	620	28	11	2	10
BlackEyed Pea Soup	8 floz	120	10	1	0	0	< 5	660	19	6	2	8
Southwest Tortilla Soup	8 floz	150	60	6	2.5	-	10	1090	18	3	3	3
Southwest Vegetable Soup	8 floz	120	30	3.5	0	0	0	270	19	4	2	5
Thai Coconut Curry Soup	8 floz	110	45	5	1	0	5	710	14	1	4	3
Tomato Basil Bisque	8 floz	40	10	1	0	0	0	710	8	2	2	< 1
Tomato Cheese Soup	8 floz	160	100	11	4	0	20	720	12	1	4	6
Tomato Florentine Soup	8 floz	80	20	2	1	0	5	690	12	2	4	4
Tuscan Vegetable Soup	8 floz	110	35	4	2	0	5	800	15	2	2	5
Vegetable Beef Barley Soup	8 floz	90	20	2.5	0	0	25	1240	14	2	2	7
Vegetable Lentil Soup	8 floz	90	10	1	0	0	0	850	21	8	3	7
Vegetarian Chili	8 floz	160	15	1.5	0	0	0	990	28	14	4	8
Pasta Fagioli Soup	8 floz	170	45	5	1.5	0	5	680	23	6	2	8
Wild Mushroom Bisque	8 floz	120	50	6	2	0	5	690	15	2	4	3
Corn Green Chili Bisque	8 floz	180	90	10	4.5	-	25	1040	18	2	4	4
Clam Chowder	8 floz	210	110	12	5	0	35	690	18	0	5	6
Manhattan Clam Chowder	8 floz	130	30	3.5	1.5	0	15	940	18	2	4	6
Chicken Gumbo	8 floz	140	45	4.5	-	-	-	790	18	-	-	4
Corn Chowder	8 floz	230	110	12	6	0	35	760	27	2	7	6

A We attempt to provide nutrition information that is as complete as possible. The nutritional values are based on standard product formulations and data from our suppliers. Variations may occur due to the use of regional suppliers, seasonal influences, differences in product preparation at the restaurant level, recipe revisions, and other factors. This information is always subject to change and will be updated periodically.

“-” dash indicates that there is no value currently available for the nutrient.

A “+” plus indicates the value has been calculated from available data, but some are missing.

Trans fats are naturally occurring such as those in animal protein and dairy products not added/artificial trans fats such as those in baked goods and snack foods for which our standard is 0g.