

Menu Item	Serving Size	Calories	Calories From Fat	Fat	Sat Fat	Trans Fat	Cholesterol	Protein	Carbohydrate	Total Sugars	Fiber	Sodium
Chicken Noodle Soup	123g (4 fl. oz. ladle)	80	20	2g	0.5g	0g	20mg	6g	8g	1g	<1g	300mg
Chicken Rice Soup	123g (4 fl. oz. ladle)	60	10	1.5g	0.5g	0g	20mg	6g	5g	1g	<1g	300mg
Chicken Tortilla Soup	123g (4 fl. oz. ladle)	40	10	1g	0.5g	0g	<5mg	2g	5g	1g	<1g	270mg
Chili Bean Soup	123g (4 fl. oz. ladle)	80	30	3.5g	1.5g	0g	15mg	7g	9g	2g	3g	340mg
Corn Chowder	123g (4 fl. oz. ladle)	80	30	3.5g	0.5g	0g	0mg	2g	12g	2g	1g	290mg
Cream of Broccoli Soup	123g (4 fl. oz. ladle)	80	50	6g	3.5g	0g	0mg	1g	6g	1g	1g	170mg
Creamy Tomato Basil Soup	123g (4 fl. oz. ladle)	60	10	1g	0.5g	0g	.5mg	3g	11g	8g	<1g	390mg
French Onion Soup	123g (4 fl. oz. ladle)	40	20	2g	0.5g	0g	0mg	<1g	5g	2g	<1g	330mg
Italian Sausage & Bean Soup	123g (4 fl. oz. ladle)	50	20	2.5g	1g	0g	5mg	2g	6g	2g	1g	480mg
Minestrone Soup	123g (4 fl. oz. ladle)	60	10	1g	0g	0g	0mg	3g	11g	1g	1g	370mg
Navy Bean Soup with Ham	123g (4 fl. oz. ladle)	50	5	0.5g	0g	0g	0mg	4g	9g	2g	2g	350mg
New England Clam Chowder	123g (4 fl. oz. ladle)	150	100	11g	8g	0g	5mg	2g	12g	1g	<1g	440mg
Potato Cheese Soup	123g (4 fl. oz. ladle)	120	80	9g	5g	0g	10mg	3g	9g	<1g	1g	260mg
Vegetable Beef Soup	123g (4 fl. oz. ladle)	50	20	2g	0.5g	0g	10mg	3g	7g	2g	1g	240mg