

# Prepared Foods Nutrition Facts



Soups	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron
	(g)			(g)	(%DV)	(g)	(%DV)		(g)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)						
Baked Potato Soup	8 oz (227g)	220	130	14	22	8	40	0	45	15	590	25	20	7	2	8	3	6	0	0	8	6
Beef & Bean Chili	8 oz (227g)	260	120	13	20	4.5	23	0.5	40	13	570	24	20	7	0	0	7	16	10	25	6	15
Buffalo Chicken Soup	8 oz (227g)	260	160	18	28	10	50	0	80	27	900	38	12	4	2	8	4	12	20	8	10	4
Butternut Bisque	8 oz (227g)	150	35	4	6	2	10	0	10	3	710	30	27	9	3	12	5	6	260	20	8	6
Organic Carrot Ginger Soup	8 oz (227g)	60	15	1.5	2	0	0	0	0	0	550	23	10	3	3	12	6	1	320	4	4	4
Chicken & Dumpling	8 oz (227g)	170	60	6	9	2	10	0	60	20	670	28	20	7	1	4	1	10	0	0	2	8
Chicken & Sausage Gumbo	8 oz (227g)	250	130	15	23	6	31	0	75	24	1040	43	10	3	1	6	3	19	15	20	4	6
Clam Bake Chowder with Chorizo	8 oz (227g)	120	30	3.5	5	1	5	0	15	5	580	24	14	5	2	8	2	9	6	15	4	8
Corn & Crab Chowder	8 oz (227g)	210	100	11	17	6	30	0	50	17	760	32	19	6	1	4	7	8	15	10	15	4
Curry Apple & Chicken Soup	8 oz (227g)	230	130	15	23	4.5	23	0	20	7	490	20	22	7	2	8	13	2	10	35	6	6
Escarole, Bean & Sausage Soup w/Zweigles Sausage	8 oz (340g)	230	120	13	20	4.5	23	0	30	10	510	21	12	4	4	16	1	10	15	4	6	8
Escarole, Bean & Sausage Soup	8 oz (227g)	140	60	7	11	2	10	0	15	5	330	14	9	3	3	12	1	5	8	10	4	6

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Italian Wedding Soup	8 oz (227g)	130	60	7	11	2.5	13	0	20	7	500	21	13	4	1	4	3	5	15	4	4	6
Lemon Chicken Wild Rice Soup	8 oz (227g)	140	15	5	8	1.5	8	0	30	10	220	9	12	4	1	4	1	10	4	15	2	4
Lobster Bisque	8 oz (227g)	230	150	17	26	10	49	0	70	23	900	38	13	4	1	3	4	4	4	2	6	2
Manhattan Clam Chowder	8 oz (227g)	90	10	1	2	0	0	0	15	5	590	25	13	4	3	12	5	7	40	40	4	8
New England Clam Chowder	8 oz (227g)	240	150	17	26	9	45	0	60	20	590	25	14	5	1	4	3	10	15	20	10	15
Pork Pozole	9 oz (227g)	150	45	5	8	1.5	8	0	20	7	610	25	7	2	1	4	3	9	0	0	10	8
Pumpkin Bisque	8 oz (227g)	220	130	14	22	9	45	0	45	15	200	8	20	7	2	8	10	2	190	10	8	4
Roasted Red Pepper & Smoked Gouda Bisque	8 oz (227g)	190	100	11	17	7	35	0	40	13	540	23	15	5	2	8	10	8	70	180	20	6
Roasted Tomato Basil Soup	8 oz (227g)	70	35	4	6	0	0	0	0	0	650	27	9	3	1	4	2	2	15	45	4	4
Rotisserie Chicken Noodle Soup	8 oz (227g)	130	45	5	8	1.5	8	0	40	13	700	29	11	4	1	4	1	11	4	2	2	4
Roasted Mushroom Soup	8 oz (227g)	150	100	11	17	2	10	0	0	0	105	4	10	3	1	4	1	3	0	2	4	8
Shrimp Bisque	8 oz (227g)	140	70	8	12	3.5	18	0	55	18	740	31	10	3	1	4	3	6	10	15	8	2
Shrimp & Roasted Corn Chowder	8 oz (227g)	230	130	14	22	7	35	0	60	20	650	27	22	7	2	8	8	6	0	25	6	4

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Summer Vegetable Orzo Soup	8 oz (227g)	80	15	2	2	0.0	0	0	0	0	750	31	14	5	2	8	4	2	25	45	4	4
Tomato Basil with Orzo soup	8 oz (227g)	120	50	6	9	2.5	13	0	15	5	790	33	14	5	3	12	5	3	15	35	4	8
Turkey & Bean Chili	8 oz (227g)	220	110	13	20	2.5	13	0	55	18	560	23	15	5	4	16	3	13	15	25	10	15
Vegetable Minestrone	8 oz (227g)	110	20	2	3	0	0	0	0	0	590	25	19	6	6	24	3	4	50	40	6	6
White Cheddar Broccoli Soup	8 oz (227g)	270	190	21	32	13	65	0	75	25	680	28	10	3	1	4	1	8	15	30	25	2
White Chicken Chili	8 oz (227g)	240	80	9	14	4	20	0	45	15	540	23	24	8	9	36	3	17	35	50	8	20
Organic Caribbean Black Bean Soup	8 oz (227g)	190	20	2.5	4	0	0	0	0	0	780	33	32	11	6	64	3	10	8	30	8	15
Organic Chicken Tortilla	8 oz (227g)	140	40	5	7	0.0	0	0	20	7	510	21	16	5	3	12	5	8	10	25	4	6
Organic Moroccan Lentil & Chick Pea Soup	8 oz (227g)	160	20	2.5	4	0	0	0	0	0	790	33	26	9	7	28	4	9	35	15	4	15
Organic Savory Harvest Bisque	8 oz (227g)	160	30	3	5	2.5	13	0	10	3	600	25	31	10	3	12	15	3	210	10	8	8
Organic Tomato Bisque	8 oz (227g)	110	50	6	9	4.5	23	0	15	5	400	17	12	4	1	4	8	3	20	60	4	6
Organic Vegetable Barley	8 oz (227g)	80	15	1.5	2	0	0	0	0	0	560	23	14	5	2	8	3	2	45	10	2	4
Organic Vegetarian Chili	8 oz (227g)	120	20	2	3	0	0	0	0	0	560	23	21	7	6	24	3	5	45	35	4	10
Organic Spicy Red Lentil Chili	8 oz (227g)	140	25	3	5	2	10	0	10	3	600	25	21	7	8	32	4	7	10	20	4	15

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