

# Restaurant Foods Nutrition Facts

Soups	Serving Size	Calories	Total Fat (g)	Total Fat (%DV)	Saturated Fat (g)	Saturated Fat (%DV)	Trans Fat (g)	Cholesterol (mg)	Cholesterol (%DV)	Sodium (mg)	Sodium (%DV)	Total Carbohydrates (g)	Total Carbohydrates (%DV)	Dietary Fiber (g)	Dietary Fiber (%DV)	Sugar (g)	Added Sugar (g)	Added Sugar (%DV)	Protein (g)	Vitamin D (%DV)	Calcium (%DV)	Iron (%DV)	Potassium (%DV)
Beef & Bean Chili	8 oz (227g)	250	13	17	4.5	23	1	40	13	790	34	16	6	3	11	5	0	0	16	0	6	15	10
Broccoli Cheddar Soup	8 oz (227g)	260	18	23	11	55	0	55	18	960	42	13	5	2	7	8	0	0	10	6	25	6	8
Buffalo Chicken Chowder	8 oz (227g)	230	16	21	9	45	0	60	20	1000	43	11	4	2	7	4	0	0	11	0	8	6	6
Chicken Noodle Soup	8 oz (227g)	110	3	3	0.5	3	0	30	10	760	33	11	4	1	4	1	0	0	10	0	2	6	4
Italian Wedding Soup	8 oz (227g)	130	6	8	2	11	0	25	8	780	34	13	5	1	4	1	1	2	6	0	4	6	4
Lobster Bisque	8 oz (227g)	240	19	24	12	58	0.5	85	28	860	37	12	4	0	2	4	1	2	4	4	4	2	4
Mushroom Soup	8 oz (227g)	70	4	5	1.5	8	0	10	3	800	35	6	2	2	5	2	0	0	2	4	2	2	6
New England Clam Chowder	8 oz (227g)	240	17	22	10	50	0.5	70	23	770	33	14	5	1	4	4	0	0	8	0	8	6	6
OMG! Tomato	8 oz (227g)	130	6	8	3	15	0	15	5	910	40	14	5	3	11	10	1	2	4	6	4	6	15
Organic Spicy Red Lentil Chili	8 oz (227g)	140	3	3	0	0	0	0	0	720	31	22	8	4	14	3	1	2	7	0	2	10	8
Turkey & Bean Chili	8 oz (227g)	200	9	12	2.5	13	0	55	18	810	35	17	6	3	11	5	0	0	15	0	6	15	2
Tuscan Lasagna Soup with Turkey Sausage	8 oz (227g)	170	8	10	3	15	0	30	10	770	33	15	5	-	-	4	-	-	10	-	8	6	-

Have questions or comments? Call Wegmans Consumer Care Center:  
 1-800-WEGMANS (934-6267)  
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\*\*\* Nutrient not required per USDA Regulation.