

Soups

Nutritional Information	Autumn Butternut Squash	Garden Vegetable	Harvest Mushroom Bisque	Roasted Garlic Tomato	Spring Asparagus
Serving size (g)	250	250	250	250	250
Calories	190	100	140	250	210
Total Fat (g)	10	0.5	7	18	15
Saturated Fat (g)	6	0.1	4	9	8
Trans Fat (g)	0	0	0	0.2	0.3
Cholesterol (mg)	30	0	20	50	45
Sodium (g)	980	970	1000	790	1050
Total Carbohydrate (g)	24	20	15	18	14
Dietary Fibre (g)	2	3	2	2	2
Sugar (g)	2	4	4	5	3
Protein (g)	9	4	4	5	6
Vitamin A	50%	20%	2%	10%	10%
Vitamin C	10%	25%	8%	15%	40%
Calcium	6%	6%	4%	10%	10%
Iron	8%	6%	6%	4%	6%

* Nutrition Information is approximate and rounded for clarity.
The % Daily Value is based on a 2000 calorie diet.

Please consult our Nutritional Guide for information on toppings.

Soups

Nutritional Information	Loaded Baked Potato	Asiago Cheese Bisque	Old Fashioned Tomato	Roasted Red Pepper & Tomato Bisque
Serving size (g)	250	250	250	250
Calories	270	260	140	300
Total Fat (g)	15	18	6	23
Saturated Fat (g)	8	9	2.5	14
Trans Fat (g)	0	0.2	0.5	1
Cholesterol (mg)	45	55	10	80
Sodium (g)	760	800	1030	940
Total Carbohydrate (g)	22	17	19	19
Dietary Fibre (g)	1	1	2	3
Sugar (g)	4	3	6	7
Protein (g)	7	6	4	4
Vitamin A	4%	15%	20%	30%
Vitamin C	10%	6%	10%	100%
Calcium	10%	8%	8%	8%
Iron	15%	4%	8%	8%

* Nutrition Information is approximate and rounded for clarity.
The % Daily Value is based on a 2000 calorie diet.

Please consult our Nutritional Guide for information on toppings.