

SOUPS

	Serving Size	Weight Gms	Weight Ozs	Calories	Cal from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat Fat (g)	Cholesterol (mg)
Cream of Broccoli Soup	1	170	6.00	135	46	5	1		17
Cream of Potato/Bacon	1	170	6.00	120	58	7	1		14
Old Fashioned Chicken Noodle	1	170	6.00	75	18	2	0		41
Lumberjack Mixed Veg	1	170	6.00	90	36	4	0		4
Italian Wedding Soup	1	170	6.00	82	18	2	2		8
Tomato Florentine Soup	1	170	6.00	68	0	0	0		0
Vegetable Beef Barley	1	170	6.00	68		2	0		8
Mexican Chicken Tortilla Soup	1	170	6.00	140		2	2		8
Lobster Bisque	1	170	6.00	143	105	11	4		23

	Sodium (mg)	Carbo (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A % DV	Vitamin C %DV	Calcium %DV	Iron %DV
Cream of Broccoli Soup	901	16	0	0	6	5	6	22	0
Cream of Potato/Bacon	361	10	0	0	5	6	1	14	0
Old Fashioned Chicken Noodle	930	9	0	0	5	6	0	1	<1
Lumberjack Mixed Veg	998	13	0	0	2	18	3	3	<1
Italian Wedding Soup	630	12	2	2	5	15	0	3	3
Tomato Florentine Soup	795	13	0	0	2	7	0	4	<1
Vegetable Beef Barley	780	8	0	0	4	7	0	3	<1
Mexican Chicken Tortilla Soup	615	15	2	2	6	5	0	3	2
Lobster Bisque	690	7	0	2	3	8	0	3	0