

# NUTRITIONAL INFORMATION

## Soups

Signature Soups	Calories (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrates (g)	Sugars (g)	Dietary Fiber (g)	Sodium (mg)	Cholesterol (mg)	Protein (g)
Broccoli Cheddar	160	11	6	10	2	1	710	37	6
Classic Chili	160	5	2	18	3	6	730	15	9
Harvest Mushroom Bisque	97	5	2.5	11	2	1	700	15	3
Loaded Baked Potato	170	11	5	15	2	1	490	15	4
Old Fashioned Chicken Noodle	70	1.5	0	11	2	1	800	10	4
Roasted Garlic Tomato	160	11	6	12	3	1	550	50	3
Clam Chowder	105	5	4.5	12	2	1	720	30	4
Baja Chicken Enchilada (Gluten Free)	210	14	7	12	4	3	885	52	10
Mexican Chicken Tortilla	130	2.5	0	18	3	4	580	10	8
Seafood Bisque	217	14	9	12	3	0	735	71	8
Shrimp and Roasted Corn	187	12	6.5	16	2	1	735	55	5
Corn & Green Chile Bisque (Vegetarian)	130	7	3.5	14	3	1	760	10	3
Garden Vegetable (Vegetarian)	60	0	0	12	2	2	610	0	3
Spring Asparagus (Vegetarian)	130	9	5	10	2	1	841	30	4
Artichoke Chicken Florentine	216	15.3	8.3	5.2	1	2	809	48.8	8
Southwestern Roasted Corn	90	3	<1	14	2	3	613	2	3
Autumn Butternut Squash	140	7	4	17	6	1	537	21	2
Mediterranean White Bean	112	3	<1	16	3	7	481	0	5
Hearty Beef and	160	10	1	12	1	2	544	25	10

<b>VEGETABLE STEW</b>									
<b>WHITE CHEDDAR AND POBLANO</b>	258	22	14	10	3	1	655	77	5
<b>LOBSTER BISQUE</b>	165	12	7	10	1	1	622	49	3
<b>CREAMY TOMATO</b>	128	7	4	12	10	1	300	22	4
<b>CREAMY CHICKEN AND WILD RICE</b>	202	13	7	13	3	2	645	56	6
<b>ITALIAN WEDDING WITH MEATBALLS</b>	98	5	2	8	1	1	540	19	5