

Soups	Portion Size	Calories	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fibre	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
Recipe Name		(kcal)	(g)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)	(% DV)	(% DV)	(% DV)	(% DV)
Beef & Barley Soup w/ Black Bean & Spinach 12 oz (Get the Good Stuff)	355 mL	148	2	0	0	10	606	25	5	3	9	27	10	8	14
Beef & Vegetable Soup 12 oz (Get the Good Stuff)	355 mL	161	4	1	0	38	467	13	2	3	19	3	8	4	15
Beef & Vegetable Soup 16 oz (Get the Good Stuff)	473 mL	215	5	1	0	51	615	17	3	5	26	4	12	5	20
Beef Barley Vegetable Soup 12 oz (Get the Good Stuff)	355 mL	176	2	1	0	26	521	25	5	6	16	23	12	7	17
Beef Barley Vegetable Soup 16 oz (Get the Good Stuff)	473 mL	234	2	1	0	35	690	33	7	7	21	30	15	10	23
Beef Barley Vegetable Soup 8oz (Get the Good Stuff)	237 mL	117	1	0	0	18	345	16	3	4	11	15	8	5	11
Butternut Squash & Carrot Soup 12 oz (Get the Good Stuff)	355 mL	142	3	1	0	3	586	27	4	9	4	117	40	12	9
Chicken Chili Soup 12 oz (Get the Good Stuff)	355 mL	228	3	1	0	23	309	34	8	6	16	47	10	14	20
Chicken Chili Soup 16 oz (Get the Good Stuff)	473 mL	304	4	1	0	31	410	45	10	8	21	62	13	19	27
Chicken Noodle Soup 12 oz (Get the Good Stuff)	355 mL	279	5	1	0	80	456	27	2	3	30	17	5	3	10
Chicken Noodle Soup 16 oz (Get the Good Stuff)	473 mL	370	7	2	0	107	595	36	2	4	40	23	8	5	13
Chicken Soup w/ Rice & Serrano Chili Pepper 12 oz (Get the Good Stuff)	355 mL	169	3	1	0	32	535	20	3	5	14	14	30	5	11
Chicken Soup w/ Rice & Serrano Chili Pepper 16 oz (Get the Good Stuff)	473 mL	225	5	1	0	43	688	27	3	7	19	19	40	6	14
Fresh Cream of Broccoli Soup 12 oz (Get the Good Stuff)	355 mL	131	5	2	0	8	664	17	3	8	7	9	147	17	7
Hungarian Cauliflower Soup 12 oz (Get the Good Stuff)	355 mL	77	3	0	0	0	697	11	3	5	2	5	70	4	7
Onion Soup 12 oz (Get the Good Stuff)	355 mL	117	4	0	0	0	685	20	4	9	2	4	30	6	9
Parsnip & Apple Soup 12 oz (Get the Good Stuff)	355 mL	108	4	0	0	0	647	18	3	5	2	0	25	6	8
Parsnip & Apple Soup 16 oz (Get the Good Stuff)	473 mL	144	5	0	0	0	862	24	4	7	3	0	32	8	11
Potato & Leek Soup 12 oz (Get the Good Stuff)	355 mL	184	6	2	0	12	578	28	3	8	6	16	35	16	10
Potato & Leek Soup 8oz (Get the Good Stuff)	237 mL	122	4	1	0	8	384	18	2	6	4	10	23	10	6
Roasted Vegetable Soup 12 oz (Get the Good Stuff)	355 mL	110	4	0	0	0	615	18	4	6	3	75	118	10	11
Roasted Vegetable Soup 16 oz (Get the Good Stuff)	473 mL	145	5	0	0	0	634	24	6	8	3	100	157	13	14
Rustic Lentil Soup 12 oz (Get the Good Stuff)	355 mL	169	1	0	0	0	620	31	6	5	11	28	10	7	25
Sweet Potato & Onion Soup 12 oz (Get the Good Stuff)	355 mL	125	2	0	0	0	578	26	3	10	2	52	12	4	5
Tomato & Red Pepper Bisque 12 oz (Get the Good Stuff)	355 mL	154	3	1	0	2	672	29	5	12	4	17	292	15	23
Tomato Basil Soup 12 oz (Get the Good Stuff)	355 mL	80	1	0	0	0	633	18	4	9	3	12	60	5	7
Vegetable Soup 12 oz (Get the Good Stuff)	355 mL	147	4	0	0	0	660	27	4	5	3	14	35	6	9
Vegetable Soup w/ Beef & Rice Noodles 12 oz (Get the Good Stuff)	355 mL	174	2	1	0	21	684	26	2	4	12	15	15	5	12
White Bean & Bacon Soup 12 oz (Get the Good Stuff)	355 mL	291	8	3	0	26	490	38	14	5	13	15	10	13	27
White Bean & Bacon Soup 16 oz (Get the Good Stuff)	473 mL	388	11	4	0	35	653	50	18	7	17	19	12	18	36
Ancho Soup w/ Potato & Corn 12 oz	355 mL	168	5	1	0	0	800	30	4	6	4	9	58	4	9
Ancho Soup w/ Potato & Corn 16 oz	473 mL	224	6	1	0	0	1063	40	5	8	5	12	78	5	12
Beef & Barley Soup w/ Black Bean & Spinach 16 oz	473 mL	198	2	1	0	13	799	33	7	4	12	35	13	10	18
Beef Burger & Vegetable Soup 12 oz	355 mL	184	9	2	0	17	1839	19	3	8	8	18	65	5	10
Beef Burger & Vegetable Soup 16 oz	473 mL	246	12	3	0	23	2438	26	4	10	11	24	85	6	13
Butternut Squash & Carrot Soup 16 oz	473 mL	190	4	1	0	4	781	36	5	12	5	156	52	16	11
Butternut Squash Soup 12 oz	355 mL	139	2	0	0	0	856	30	4	8	3	111	42	8	9
Butternut Squash Soup 16 oz	473 mL	185	3	0	0	0	1125	40	6	10	3	148	55	11	12
Cabbage & Bacon Soup 12 oz	355 mL	315	26	10	0	37	1413	15	2	8	8	6	30	4	13
Cabbage & Bacon Soup 16 oz	473 mL	420	34	14	0	50	1867	20	3	11	10	8	40	5	18
Caribbean Jerk Chicken Soup 12 oz	355 mL	254	4	1	0	24	1200	38	7	6	18	6	45	10	21
Caribbean Jerk Chicken Soup 16 oz	473 mL	342	5	1	0	33	1596	51	10	8	24	9	60	15	28
Carrot & Ginger Soup 12 oz	355 mL	158	5	3	0	13	668	25	5	11	4	146	18	11	6
Carrot & Ginger Soup 16 oz	473 mL	210	7	4	0	18	890	34	6	15	5	194	23	15	8
Cheddar Cheese Soup 12 oz	355 mL	330	23	8	0	36	900	19	1	6	12	23	3	30	7
Cheddar Cheese Soup 16 oz	473 mL	439	31	11	1	48	1196	25	2	8	16	30	5	40	9

Soups	Portion Size	Calories (kcal)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Protein (g)	Vitamin A (% DV)	Vitamin C (% DV)	Calcium (% DV)	Iron (% DV)
Recipe Name															
Chicken & Rice Soup 12 oz	355 mL	102	2	0	0	18	1047	12	1	3	8	10	3	3	5
Chicken & Rice Soup 16 oz	473 mL	134	3	1	0	24	1395	16	1	4	10	13	5	4	6
Chicken Noodle Soup SDJ 12 oz	355 mL	122	2	1	0	8	1019	20	2	3	6	15	3	5	11
Chicken Noodle Soup SDJ 16 oz	473 mL	168	3	1	0	10	1401	27	2	4	8	21	5	7	15
Chicken Pasta Vegetable Soup	237 mL	101	2	0	0	11	506	14	2	4	6	24	10	5	7
Chicken Soup w/ Kale & Quinoa	237 mL	134	5	2	0	15	949	15	1	3	7	19	28	4	14
Clam Chowder Soup 12 oz	355 mL	354	16	8	0	93	576	22	1	5	29	26	47	17	186
Clam Chowder Soup 16 oz	473 mL	472	22	11	1	124	768	29	2	6	38	34	62	22	248
Corn Lentil Soup 12 oz	355 mL	308	6	1	0	0	1502	51	8	8	14	11	23	7	32
Corn Lentil Soup 16 oz	473 mL	410	8	1	0	0	1992	69	10	10	19	15	32	9	43
Cream of Carrot & Turnip Soup	237 mL	114	4	2	0	11	690	19	2	10	2	42	17	4	3
Cream of Celery Soup 12 oz	355 mL	297	17	11	1	50	641	25	2	12	10	21	5	29	7
Cream of Celery Soup 16 oz	473 mL	396	23	14	1	67	851	34	2	17	14	27	5	38	9
Cream of Chicken Soup 12 oz	355 mL	411	23	7	0	72	746	25	1	15	25	23	2	35	9
Cream of Chicken Soup 16 oz	473 mL	547	31	9	0	96	981	33	1	20	33	30	2	47	12
Cream of Mushroom Soup Scratch 12 oz	355 mL	319	18	4	0	17	541	26	2	14	15	9	7	27	12
Cream of Mushroom Soup Scratch 16 oz	473 mL	409	23	5	0	23	709	35	3	19	20	12	10	36	16
Cream of Spinach Soup (R) 12 oz	355 mL	196	11	7	1	33	695	17	1	8	7	19	3	20	5
Cream of Spinach Soup (R) 16 oz	473 mL	283	16	9	1	44	976	25	3	12	12	96	33	38	14
Cream of Tomato Soup 12 oz	355 mL	229	15	6	0	30	967	24	2	17	6	35	28	16	11
Cream of Tomato Soup 16 oz	473 mL	304	20	9	0	40	1286	32	3	23	9	47	37	21	15
Cream of Tomato w/ Bacon Soup 12 oz	355 mL	284	18	7	0	26	848	28	4	15	8	33	47	9	16
Cream of Tomato w/ Bacon Soup 16 oz	473 mL	379	23	9	0	35	1115	38	5	20	11	45	62	13	22
Curried Pumpkin Bisque 12 oz	355 mL	130	8	4	0	23	739	14	2	6	2	88	12	4	7
Curried Pumpkin Bisque 16 oz	473 mL	174	11	5	0	30	985	18	3	8	2	117	17	5	10
French Canadian Pea Soup SDJ 12 oz	355 mL	262	3	2	0	0	796	44	10	3	16	25	2	7	12
French Canadian Pea Soup SDJ 16 oz	473 mL	360	3	2	0	0	1095	61	14	5	23	34	3	9	16
Fresh Cream of Broccoli Soup 16 oz	473 mL	174	7	2	0	11	884	22	4	11	9	11	190	23	9
Homestyle Tomato Soup 12 oz	355 mL	147	2	0	0	0	1040	30	3	15	3	38	22	11	11
Homestyle Tomato Soup 16 oz	473 mL	196	3	0	0	0	1388	40	4	20	4	50	30	14	15
Hot & Sour Soup 12 oz	355 mL	254	10	2	0	145	1954	28	1	15	18	5	3	14	28
Hot & Sour Soup 16 oz	473 mL	339	13	3	0	194	2606	37	2	20	24	7	5	18	38
Hungarian Cauliflower Soup 16 oz	473 mL	103	4	0	0	0	929	15	4	7	3	6	93	6	9
Italian Pasta & Bean Soup 12 oz	355 mL	245	9	2	0	19	1201	27	6	5	14	13	7	10	19
Italian Pasta & Bean Soup 16 oz	473 mL	327	12	3	0	25	1587	36	7	6	18	17	8	13	25
Leek & Sweet Potato Soup 12 oz	355 mL	250	13	6	0	30	741	36	4	14	5	82	18	18	10
Leek & Sweet Potato Soup 16 oz	473 mL	334	17	8	0	40	952	47	6	19	7	109	25	24	13
Lentil & Roasted Garlic Soup SDJ 12 oz	355 mL	284	3	0	0	0	1065	49	12	5	15	16	8	7	36
Lentil & Roasted Garlic Soup SDJ 16 oz	473 mL	391	5	0	0	0	1464	67	16	7	21	22	13	10	49
Lentil Potato Herb Soup	237 mL	178	2	0	0	0	973	31	5	5	10	7	38	4	22
Lentil Potato Herb Soup 12 oz	355 mL	267	3	0	0	0	1459	47	7	7	15	10	57	7	33
Lentil Potato Herb Soup 16 oz	473 mL	355	4	0	0	0	1945	62	10	9	20	13	77	9	44
Minestrone Bean Soup	237 mL	125	2	0	0	0	770	22	4	5	6	12	15	5	12
Mushroom Barley Soup	237 mL	150	4	0	0	0	717	27	5	3	4	5	12	3	8
Onion Soup 16 oz	473 mL	156	5	0	0	0	914	27	5	12	3	5	38	7	12
Pasta Fagioli	237 mL	216	9	1	0	3	889	28	4	7	7	19	10	9	19
Potato & Leek Soup 16 oz	473 mL	244	8	3	0	16	769	37	4	11	8	21	48	21	13

Soups	Portion Size	Calories	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fibre	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
Recipe Name		(kcal)	(g)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)	(% DV)	(% DV)	(% DV)	(% DV)
Quebecois Onion Soup	237 mL	88	3	0	0	0	634	15	2	6	2	1	15	4	5
Roasted Cauliflower & Garlic Soup w Cheddar 12 oz	355 mL	186	10	5	0	23	1792	19	3	6	8	5	82	19	7
Roasted Cauliflower & Garlic Soup w Cheddar 16 oz	473 mL	247	13	7	0	30	2376	25	3	7	11	6	107	25	9
Roasted Corn & Chicken Chowder 12 oz	355 mL	313	12	4	0	41	958	35	3	11	18	7	27	16	12
Roasted Corn & Chicken Chowder 16 oz	473 mL	417	16	5	0	54	1277	47	4	14	23	9	37	22	16
Rustic Lentil Soup 16 oz	473 mL	226	1	0	0	0	815	41	8	6	14	37	15	9	33
Shrimp Creole Gumbo 12 oz	355 mL	258	11	4	0	116	626	23	1	1	17	10	18	9	22
Shrimp Creole Gumbo 16 oz	473 mL	341	14	5	0	154	835	31	2	2	23	14	25	11	30
Split Green Pea Soup 12 oz	355 mL	263	3	0	0	3	820	44	6	9	17	22	10	7	22
Split Green Pea Soup 16 oz	473 mL	351	4	1	0	4	1128	59	8	12	23	30	13	9	30
Sweet Potato & Kale Soup	237 mL	67	1	0	0	0	835	13	2	3	2	23	22	3	5
Sweet Potato & Kale Soup 12 oz	355 mL	101	2	0	0	0	1252	19	3	5	3	34	33	5	8
Sweet Potato & Kale Soup 16 oz	473 mL	134	3	0	0	0	1670	25	4	7	4	45	43	7	10
Sweet Potato & Onion Soup 16 oz	473 mL	165	2	0	0	0	766	34	5	13	3	68	15	5	7
Tomato & Red Pepper Bisque 16 oz	473 mL	205	4	1	0	2	896	39	6	16	6	22	390	20	31
Tomato Basil Soup 16 oz	473 mL	103	1	0	0	0	727	23	5	12	4	15	80	6	10
Tomato Rice Soup	237 mL	159	1	0	0	0	695	33	2	10	3	25	15	9	11
Tomato Rice Soup 12 oz	355 mL	242	2	0	0	0	1042	50	3	15	5	38	22	14	17
Tomato Rice Soup 16 oz	473 mL	319	3	0	0	0	1390	66	4	20	7	50	30	19	22
Turkey & Rice Soup 12 oz	355 mL	118	3	0	0	15	1492	15	1	3	8	14	5	5	5
Turkey & Rice Soup 16 oz	473 mL	158	4	1	0	20	1989	20	1	4	10	19	8	6	7
Tuscan Vegetable Soup 12 oz	355 mL	236	7	2	0	6	1418	34	7	9	11	5	60	14	18
Tuscan Vegetable Soup 16 oz	473 mL	315	10	3	0	9	1891	45	10	12	15	7	80	19	24
Vegetable Orzo Soup	237 mL	84	1	0	0	0	607	16	2	4	2	15	17	4	6
Vegetable Soup 16 oz	473 mL	195	5	0	0	0	876	35	5	7	5	18	47	8	12
Vegetable Soup w/ Beef & Rice Noodles 16 oz	473 mL	232	3	1	0	28	910	34	3	5	16	20	22	7	16
Vegetable Soup w/ Orzo 12 oz	355 mL	126	2	0	0	0	910	24	3	6	3	23	23	6	9
Vegetable Soup w/ Orzo 16 oz	473 mL	168	3	0	0	0	1213	32	4	7	5	31	32	8	11
Vegetable Soup w/ Tomato Soup 12 oz	355 mL	151	2	0	0	0	938	31	6	6	4	16	22	9	11
Vegetable Soup w/ Tomato Soup 16 oz	473 mL	202	2	0	0	0	1208	41	8	8	6	22	28	12	15

Please Note: The nutritional information provided is for the serving size listed, based on adherence to the recipe, as developed and tested by our culinary team. Any changes from the recipe, such as changes to meet local taste preferences, product, ingredient, and/or supplier substitutions, season of the year, or serving size modifications will change the nutrient content of an item and render the information inaccurate. "+" indicates some vitamin A information is represented in different units of measure based on differences in representing this information in national nutrient databases.