

Homemade 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 with Black Bean & Spinach (Get the Good Stuff)	237 mL	99	1	0	0	7	399	16	4	2	6	18	7	5	9
Beef & Vegetable Soup (Get the Good Stuff)	237 mL	107	2	1	0	26	308	8	1	2	13	2	5	3	10
Beef Barley Vegetable Soup (Get the Good Stuff)	237 mL	117	1	0	0	18	345	16	3	4	11	15	8	5	11
Butternut Squash & Carrot Soup (Get the Good Stuff)	237 mL	95	2	0	0	2	390	18	3	6	3	78	27	8	6
Chicken Chili Soup (Get the Good Stuff)	237 mL	152	2	0	0	15	205	23	5	4	11	31	7	9	14
Chicken Noodle Soup (Get the Good Stuff)	237 mL	185	4	1	0	53	302	18	1	2	20	12	3	2	6
Chicken Soup with Rice & Serrano Chili Pepper (Get the Good Stuff)	237 mL	112	2	0	0	21	348	14	2	3	9	10	20	3	7
Fresh Cream of Broccoli Soup (Get the Good Stuff)	237 mL	87	3	1	0	6	442	11	2	6	5	6	95	11	5
Hungarian Cauliflower Soup (Get the Good Stuff)	237 mL	52	2	0	0	0	465	8	2	3	2	3	47	3	5
Onion Soup (Get the Good Stuff)	237 mL	78	2	0	0	0	457	14	2	6	2	3	20	4	6
Parsnip & Apple Soup (Get the Good Stuff)	237 mL	72	3	0	0	0	431	12	2	4	1	0	17	4	5
Potato & Leek Soup (Get the Good Stuff)	237 mL	122	4	1	0	8	384	18	2	6	4	10	23	10	6
Roasted Vegetable Soup (Get the Good Stuff)	237 mL	73	3	0	0	0	410	12	3	4	2	50	78	6	7
Rustic Lentil Soup (Get the Good Stuff)	237 mL	113	0	0	0	0	408	21	4	3	7	19	7	4	16
Shrimp Creole Gumbo (Get the Good Stuff)	237 mL	171	7	3	0	77	417	15	1	1	11	7	13	6	15
Sweet Potato & Onion Soup (Get the Good Stuff)	237 mL	83	1	0	0	0	383	17	2	7	1	34	8	2	3
Tomato & Red Pepper Bisque (Get the Good Stuff)	237 mL	103	2	0	0	1	448	19	3	8	3	11	195	10	16
Tomato Basil Soup (Get the Good Stuff)	237 mL	53	0	0	0	0	422	12	3	6	2	8	40	3	5
Vegetable Soup with Beef & Rice Noodles (Get the Good Stuff)	237 mL	116	2	0	0	14	455	17	1	3	8	10	10	3	8
Vegetable Soup (Get the Good Stuff)	237 mL	98	3	0	0	0	438	18	3	4	2	9	23	4	6
White Bean & Bacon Soup (Get the Good Stuff)	237 mL	194	5	2	0	18	327	25	9	3	9	10	7	9	18
Ancho Soup with Potato & Corn	237 mL	112	3	0	0	0	531	20	3	4	3	6	38	2	6
Beef & Turmeric Soup	237 mL	80	2	0	0	7	723	12	2	4	4	22	33	5	7
Beef Burger & Vegetable Soup	237 mL	123	6	2	0	11	1219	13	2	5	6	12	43	3	6
Beef Goulash Soup	237 mL	144	7	1	0	25	661	11	1	4	10	11	62	3	10
Butternut Squash Soup	237 mL	92	1	0	0	0	562	20	3	5	2	74	28	6	6
Cabbage & Bacon Soup	237 mL	210	17	7	0	25	934	10	1	5	5	4	20	3	9
Caribbean Jerk Chicken Soup	237 mL	171	3	1	0	16	798	26	5	4	12	5	30	7	14
Carrot & Ginger Soup	237 mL	105	4	2	0	9	445	17	3	8	3	97	12	8	4
Cauliflower Potato Soup with Curry & Coriander	237 mL	78	2	0	0	0	1199	14	2	3	2	1	58	3	6
Cheddar Cheese Soup	237 mL	220	15	5	0	24	598	12	1	4	8	15	2	20	5
Chicken & Rice Soup	237 mL	75	1	0	0	12	696	10	0	2	5	7	3	2	4
Chicken Florentine Soup with Rice	237 mL	113	5	1	0	18	971	11	1	3	7	29	12	7	7
Chicken Soup with Lemon & Garlic	237 mL	158	6	1	0	88	638	10	1	3	17	16	10	3	7
Chinese Hot & Sour Soup with Wontons	300 mL	164	5	2	0	42	981	21	1	3	9	5	3	2	10
Clam Chowder Soup	237 mL	236	11	5	0	62	384	15	1	3	19	17	32	11	124
Corn & Shrimp Chowder with Basil	237 mL	241	12	7	1	121	1032	22	2	4	13	16	12	7	7
Corn Chowder	237 mL	160	4	1	0	4	745	29	3	8	5	13	18	10	6
Corn Lentil Soup	237 mL	205	4	0	0	0	996	34	5	5	10	7	17	5	21
Cream of Carrot Soup	237 mL	219	13	2	0	10	754	19	1	9	7	84	3	17	5
Cream of Celery Soup	237 mL	198	12	7	1	34	425	17	1	8	7	14	3	19	5
Cream of Chicken Soup	237 mL	274	16	4	0	48	490	16	1	10	17	15	2	23	6
Cream of Mushroom Soup Scratch	237 mL	205	11	2	0	11	354	18	2	9	10	6	5	18	8
Cream of Spinach Soup	237 mL	141	8	5	0	22	488	12	2	6	6	48	17	19	7
Cream of Tomato Soup	237 mL	152	10	4	0	20	643	16	2	11	4	23	18	10	7
Cream of Tomato with Bacon Soup	237 mL	189	12	4	0	18	557	19	2	10	5	22	30	6	11

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<i>Recipe Name</i>		(kcal)	(g)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)	(% DV)	(% DV)	(% DV)	(% DV)
Cream of Zucchini Soup	237 mL	107	6	1	0	4	687	11	1	6	4	5	33	8	5
Creole Gumbo Soup	237 mL	194	5	2	0	28	752	24	2	5	12	23	40	8	13
Cuban Black Bean Soup	237 mL	208	4	0	0	0	1467	34	8	4	11	1	3	8	22
Curried Pumpkin Bisque	237 mL	87	5	2	0	15	493	9	1	4	1	59	8	2	5
Five Bean Soup	237 mL	178	3	0	0	0	802	27	5	4	11	7	7	5	17
Homestyle Tomato Soup	237 mL	98	1	0	0	0	694	20	2	10	2	25	15	7	8
Hot & Sour Soup	237 mL	169	6	1	0	97	1303	19	1	10	12	3	2	9	19
Italian Lentil Soup	237 mL	179	3	0	0	0	1122	29	5	5	10	25	15	5	22
Italian Pasta & Bean Soup	237 mL	163	6	2	0	13	794	18	4	3	9	8	5	7	12
Leek & Sweet Potato Soup	237 mL	167	9	4	0	20	493	24	3	10	3	55	12	12	7
Lentil Soup with Ginger, Curry & Kale	237 mL	145	2	0	0	0	937	24	4	4	8	18	18	4	17
Mexican Chicken Soup	237 mL	147	3	0	0	12	1141	21	4	3	10	4	33	4	15
Miso Soup	265 mL	60	1	0	0	0	1610	10	1	6	3	7	2	5	8
Mushroom Velour Soup	237 mL	72	3	0	0	0	570	11	2	2	3	0	10	3	5
Roasted Cauliflower & Garlic Soup w Cheddar Cheese	237 mL	123	6	3	0	15	1188	12	2	4	6	3	53	12	4
Roasted Corn & Chicken Chowder	237 mL	208	8	3	0	27	638	23	2	7	12	5	18	11	8
Roasted Curried Cauliflower Soup with 7 Grain Rice	237 mL	143	6	3	0	11	871	19	3	5	5	25	37	13	9
Roasted Garlic & Asparagus Cream Soup	237 mL	204	14	2	0	4	458	17	2	5	5	4	8	9	11
Roasted Garlic & Tomato Soup	237 mL	147	6	1	0	0	516	20	3	9	3	16	23	19	18
Shrimp Rice & Potato Chili Chowder	237 mL	206	9	2	0	65	642	24	2	3	9	10	23	2	7
Soupe Espagnole	237 mL	73	2	0	0	0	838	13	2	6	2	2	70	3	4
Split Green Pea Soup	237 mL	176	2	0	0	2	564	29	4	6	11	15	7	5	15
Turkey & Rice Soup	237 mL	79	2	0	0	10	995	10	1	2	5	10	3	3	4
Turkey Soup with Kale & Brown Rice	237 mL	83	3	1	0	8	654	10	1	3	5	17	47	5	4
Turkey Soup with Seasonal Vegetables & Pasta	237 mL	160	10	1	0	11	781	12	1	4	6	11	10	3	5
Tuscan Vegetable Soup	237 mL	158	5	1	0	4	946	23	5	6	7	3	40	10	12
Vegetable Soup with Orzo	237 mL	84	1	0	0	0	607	16	2	4	2	15	17	4	6
Vegetable Soup with Tomato & Barley	237 mL	101	1	0	0	0	604	21	4	4	3	11	13	6	7

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.