

Soups	Portion Size	Calories	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Fibre	Sugars	Protein	Vit A	Vit C	Calcium	Iron
<i>Recipe Name</i>		(kcal)	(g)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)	(% DV)	(% DV)	(% DV)	(% DV)
Beef & Barley Soup w/ Black Bean & Spinach (Get the Good Stuff)	237 mL	95	1	0	0	7	365	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 Soup w/ Rice & Serrano Chili Pepper (Get the Good Stuff)	237 mL	120	3	1	0	22	326	13	1	3	9	5	18	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
Spicy Chicken Chili (Get the Good Stuff)	237 mL	154	3	1	0	16	251	22	4	4	10	31	7	6	10
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	54	0	0	0	0	422	12	3	6	2	8	40	3	5
Vegetable Soup (Get the Good Stuff)	237 mL	98	3	0	0	0	438	18	3	4	2	9	23	4	6
Vegetable Soup w/ Beef & Rice Noodles (Get the Good Stuff)	237 mL	116	2	0	0	14	415	17	1	3	8	10	10	3	8
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 w/ Potato & Corn	237 mL	111	3	0	0	0	518	20	2	4	3	4	37	3	6
Beef Burger & Vegetable Soup	237 mL	123	6	2	0	13	1220	13	2	5	6	12	43	3	7
Beef Goulash Soup	237 mL	143	7	2	0	22	655	11	1	4	10	11	12	4	10
Beef Stock, Basic	8 liters	1384	7	2	0	0	2633	319	75	150	47	745	842	207	183
Brown Chicken Stock	8 liters	461	3	1	0	0	878	106	25	50	16	248	280	69	61
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	140	3	1	0	17	618	19	3	4	9	4	30	7	10
Carrot & Ginger Soup	237 mL	105	4	2	0	9	445	17	3	8	3	97	12	8	4
Cauliflower & Chickpea Soup	237 mL	107	2	0	0	0	807	19	3	5	5	1	53	4	12
Cauliflower Potato Soup w/ 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	98	3	1	0	18	699	10	1	2	7	11	3	3	4
Chicken Florentine Soup w/ Rice	237 mL	114	5	1	0	18	967	11	2	3	7	29	12	7	7
Chicken Noodle Soup	237 mL	207	6	1	0	56	308	18	1	2	20	11	3	2	6
Chicken Soup w/ Lemon & Garlic	237 mL	159	6	1	0	88	635	10	1	3	17	16	10	3	7
Chicken Stock, Basic	8 liters	415	2	1	0	0	656	94	21	36	12	45	222	73	74
Chinese Hot & Sour Soup w/ Wonton	300 mL	167	5	2	0	42	1024	22	1	3	9	5	3	2	10
Clam Chowder Soup	237 mL	241	11	5	0	62	384	16	1	3	19	17	33	11	124
Corn & Shrimp Chowder with Basil	237 mL	244	12	7	1	121	987	21	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	997	35	5	5	10	7	15	5	21
Cream of Carrot & Turnip Soup	237 mL	114	4	2	0	11	690	19	2	10	2	42	17	4	3
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 Celery Soup 16 oz	473 mL	396	23	14	1	67	851	34	2	17	14	27	5	38	9
Cream of Chicken Soup	237 mL	284	17	5	0	49	493	16	1	10	16	15	2	23	6

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Recipe Name		(kcal)	(g)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)	(% DV)	(% DV)	(% DV)	(% DV)
Cream of Mushroom Soup	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	143	10	4	0	20	631	14	1	10	4	21	8	10	6
Cream of Tomato w/ Bacon Soup	237 mL	190	12	4	0	18	556	19	2	10	5	22	30	6	11
Cream of Zucchini Soup	237 mL	107	6	1	0	4	687	11	1	6	4	5	33	8	5
Creole Gumbo	237 mL	194	5	2	0	28	752	24	2	5	12	23	40	8	13
Cuban Black Bean Soup	237 mL	116	3	0	0	0	1035	18	4	4	4	1	3	6	12
Curried Pumpkin Bisque	237 mL	87	5	2	0	15	586	9	1	4	1	59	8	2	5
Fish Fumet	12 liters	2086	80	48	4	194	925	193	43	77	46	156	500	113	194
Fish Stock, Basic	12 liters	664	4	1	0	0	871	150	36	54	21	95	480	107	156
Five Bean Soup	237 mL	167	3	0	0	0	752	25	5	4	10	7	7	4	16
Hearty Bean Soup	237 mL	93	0	0	0	0	983	18	3	5	4	10	5	4	10
Hot & Sour Soup	237 mL	177	7	1	0	98	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	150	5	1	0	12	803	17	3	3	9	8	5	5	11
Leek & Sweet Potato Soup	237 mL	167	9	4	0	20	493	24	3	10	3	55	12	12	7
Lentil Soup w/ Ginger, Curry & Kale	237 mL	145	2	0	0	0	937	24	4	4	8	18	18	4	17
Mexican Chicken Soup	237 mL	129	3	0	0	12	1111	18	4	3	9	7	33	4	11
Mexican Pork & Bean Soup	237 mL	147	5	1	0	12	862	17	4	3	9	3	13	4	15
Miso Soup	265 mL	60	1	0	0	0	1651	10	1	3	3	6	2	4	7
Mushroom Velour Soup	237 mL	72	3	0	0	0	570	11	2	2	3	0	10	3	5
Quebecois Onion Soup	237 mL	88	3	0	0	0	634	15	2	6	2	1	15	4	5
Red Bean & Tomato Soup	237 mL	79	2	0	0	0	783	13	3	3	4	4	10	3	6
Roasted Corn & Chicken Chowder	237 mL	216	9	3	0	28	638	23	2	7	12	4	18	11	8
Roasted Curried Cauliflower Soup w/ 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	757	17	2	5	5	4	8	9	11
Seafood Chowder	237 mL	278	17	9	1	102	418	15	1	5	17	18	13	12	45
Shrimp Creole Gumbo	237 mL	172	7	3	0	77	417	15	1	1	11	7	13	6	15
Shrimp Rice & Potato Chili Chowder	237 mL	211	9	2	0	58	583	25	2	3	10	12	23	4	12
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	73	2	0	0	7	988	10	1	2	4	11	3	3	3
Turkey Soup w/ Kale & Brown Rice	237 mL	86	3	1	0	9	533	10	1	3	5	17	47	5	5
Turkey Soup w/ Seasonal Vegetables & Pasta	237 mL	165	10	1	0	13	560	12	1	4	7	11	10	3	6
Tuscan Vegetable Soup	237 mL	158	5	1	0	4	946	23	5	6	7	3	40	10	12
Vegetable Soup w/ Tomato Soup	237 mL	101	1	0	0	0	604	21	4	4	3	11	13	6	7
White Veal Stock	24 liters	1246	7	2	0	0	1967	282	63	108	37	135	665	219	223

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.