

Nutrition Facts

Serving Size 8 oz. Tomato Basil Soup

Amount Per Serving

Calories 260 Calories from Fat 200

% Daily Value*

Total Fat 22g **33%**

Saturated Fat 13g **66%**

Cholesterol 75mg **25%**

Sodium 830mg **35%**

Total Carbohydrate 13g **4%**

Dietary Fiber 3g **11%**

Sugars 4g

Protein 5g

Vitamin A 35% • Vitamin C 15%

Calcium 15% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Nutrition Facts

Serving Size 8 oz. Hearty Vegetable S00764

Amount Per Serving

Calories 70 Calories from Fat 15

% Daily Value*

Total Fat 2g **3%**

Saturated Fat 0g **0%**

Cholesterol 0mg **0%**

Sodium 380mg **16%**

Total Carbohydrate 12g **4%**

Dietary Fiber 3g **11%**

Sugars 4g

Protein 3g

Vitamin A 60% • Vitamin C 30%

Calcium 2% • Iron 4%

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	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Nutrition Facts

Serving Size 8 oz. Chicken Peppercorn Chowder S00763

Amount Per Serving

Calories 270 Calories from Fat 180

% Daily Value*

Total Fat 20g **31%**

Saturated Fat 11g **53%**

Cholesterol 85mg **28%**

Sodium 970mg **40%**

Total Carbohydrate 13g **4%**

Dietary Fiber 1g **5%**

Sugars 2g

Protein 11g

Vitamin A 25% • Vitamin C 40%

Calcium 4% • Iron 6%

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	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Nutrition Facts

Serving Size 8 oz. Premium Chicken Noodle S01279

Amount Per Serving

Calories 150 Calories from Fat 60

% Daily Value*

Total Fat 6g **10%**

Saturated Fat 2g **11%**

Cholesterol 25mg **9%**

Sodium 940mg **39%**

Total Carbohydrate 15g **5%**

Dietary Fiber 1g **5%**

Sugars 3g

Protein 7g

Vitamin A 35% • Vitamin C 8%

Calcium 2% • Iron 6%

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	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Nutrition Facts

Serving Size 8 oz. (227g) Conch Chowder

Amount Per Serving

Calories 140 Calories from Fat 30

% Daily Value*

Total Fat 3.5g **5%**

Saturated Fat 0g **0%**

Cholesterol 20mg **6%**

Sodium 870mg **36%**

Total Carbohydrate 19g **6%**

Dietary Fiber 4g **16%**

Sugars 6g

Protein 8g

Vitamin A 140% • Vitamin C 90%

Calcium 6% • Iron 15%

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Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Nutrition Facts

Serving Size 8 oz. Barley Mushroom Soup

Amount Per Serving

Calories 70 Calories from Fat 15

% Daily Value*

Total Fat 2g **3%**

Saturated Fat 0g **0%**

Cholesterol 0mg **0%**

Sodium 900mg **38%**

Total Carbohydrate 11g **4%**

Dietary Fiber 3g **11%**

Sugars 3g

Protein 3g

Vitamin A 100% • Vitamin C 45%

Calcium 4% • Iron 6%

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Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Nutrition Facts

Serving Size 8 oz. Chili with Beans

Amount Per Serving

Calories 310 Calories from Fat 120

% Daily Value*

Total Fat 13g **21%**

Saturated Fat 5g **25%**

Cholesterol 70mg **24%**

Sodium 1120mg **47%**

Total Carbohydrate 21g **7%**

Dietary Fiber 5g **21%**

Sugars 7g

Protein 27g

Vitamin A 35% • Vitamin C 10%

Calcium 6% • Iron 25%

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Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4