



## Nutrition Information

All Souper Salad menu items are trans fat free!  
 Nutrition information subject to change without notice.  
 Some items not available at all locations.

### Desserts

	Calories	Fat (g)	Fat (%)	Saturated Fat (g)	Saturated Fat (%)	Cholesterol (mg)	Cholesterol (%)	Sodium (mg)	Sodium (%)	Carbohydrates (g)	Carbohydrates (%)	Fiber (g)	Fiber (%)	Protein (g)	Protein (%)	Net Carbs	Sugars
<b>COOKIES</b>																	
Chocolate Chip	350	17	26	10	51	50	16	310	13	50	17	2	7	4	8	48	33
Oatmeal Raisin	300	10	15	5	27	55	19	230	10	49	16	2	9	5	10	47	33
White Chocolate Cranberry	350	14	21	8	42	45	14	200	8	53	18	1	4	3	8	52	34
<b>BROWNIES</b>																	
Butterscotch Blondie	490	19	29	8	39	40	14	280	12	75	25	2	9	5	11	23	
Chocolate Walnut	520	27	42	13	67	145	48	160	7	65	22	1	6	7	14	21	