



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

Nutrition Information

Souper Hot Wraps

	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
Burrito Bandito	633	22	35	7	37	30	10	1734	72	84	28	12	46	23	46	72
Low Carb Tortilla	454	17	27	6	32	30	10	2080	87	53	18	21	82	29	58	32
In a Bowl	323	15	23	6	32	30	10	1364	57	32	11	9	34	16	32	23
No Cheese	519	13	20	1	7	0	0	1558	65	84	28	12	46	16	32	72
Chicken Burrito	751	25	38	8	39	86	29	1834	76	84	28	12	46	45	91	72
Low Carb Tortilla	571	20	31	7	34	86	29	2180	91	53	18	21	82	51	103	32
In a Bowl	441	22	17	7	34	86	29	1464	61	32	11	9	34	38	77	23
No Cheese	637	16	24	2	9	56	19	1658	69	84	28	12	46	38	77	72
Tofu Burrito	748	28	44	8	41	30	10	1734	72	87	29	13	52	34	69	74
Low Carb Tortilla	569	23	36	7	36	30	10	2080	87	56	19	22	88	41	81	34
In a Bowl	438	20	31	7	36	30	10	1364	57	35	12	10	40	27	55	25
No Cheese	634	19	29	2	11	0	0	1558	65	87	29	13	52	27	55	74
Fajita Burrito	585	22	34	7	38	30	10	1390	58	81	27	8	31	18	36	73
Low Carb Tortilla	407	17	26	7	33	30	10	1736	72	50	17	17	67	24	48	33
In a Bowl	276	14	21	7	33	30	10	1020	42	29	10	5	19	11	22	24
No Cheese	471	13	19	2	8	0	0	1214	51	80	27	8	31	11	22	72

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Chicken Fajita Burrito	703	24	37	8	40	86	29	1419	62	81	27	8	31	41	81	73
Low Carb Tortilla	524	19	30	7	35	86	29	1836	77	50	17	17	67	47	93	33
In a Bowl	393	16	25	7	35	86	29	1121	47	29	10	5	19	34	67	24
No Cheese	589	15	23	2	10	56	19	1315	55	80	27	8	31	34	67	72
Tofu Fajita Burrito	701	28	43	8	41	30	10	1390	58	84	28	9	36	30	59	75
Low Carb Tortilla	522	23	35	7	36	30	10	1736	72	53	18	18	72	36	71	35
In a Bowl	391	20	30	7	36	30	10	1020	42	32	11	6	24	23	45	26
No Cheese	586	18	28	2	11	0	0	1214	51	83	28	9	36	23	45	74
Buffalo Burrito	765	27	42	11	56	99	33	2092	87	84	28	12	49	46	92	72
No Cheese	650	18	27	5	27	69	23	1916	80	84	28	12	49	39	78	72
No Sour Cream	704	21	32	8	38	86	29	2077	87	83	28	12	49	45	90	71
In a Bowl	455	19	29	10	51	99	33	1722	72	32	11	9	37	39	78	23
Hacienda Burrito	540	24	37	8	39	87	20	1644	69	41	13	22	84	45	90	19
Extra Chicken	656	28	44	9	45	145	49	1737	72	41	13	22	84	63	126	19
Tijuana Chili Burrito	656	23	35	8	42	45	15	1574	66	91	30	9	38	24	48	82
No Cheese	541	14	21	2	9	16	6	1398	57	91	30	9	38	17	34	82
In a Bowl	346	15	23	7	37	45	15	1204	50	39	13	6	26	17	34	33
Chicken Teriyaki Wrap	944	26	39	4	19	150	50	1247	52	137	46	12	47	43	86	125
Shanghai Chicken Wrap	703	21	32	2	12	49	16	1245	64	98	33	8	34	32	63	90