



Souper Salad

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.*

Soups

	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
Asian Chicken w/Noodles	110	1.5	3	0.5	1.5	40	13	750	32	11	3	3	11	14	28	8
Baked Potato Bisque	280	16	24	9	45	55	18	705	30	22	7	2	7	13	26	20
Butternut Squash & Apple	190	10	16	7	35	35	11	550	25	21	7	3	11	3	6	18
Chicken & Dumpling	210	10	16	3	15	60	21	670	27	17	6	1	3	15	30	16
Chicken Soup	136	3	5	1	3	23	8	1072	45	15	5	2	9	11	22	13
Chicken Tortilla	140	4	6	0.5	1.5	20	7	900	37	17	6	3	11	11	22	14
Chicken & Sausage Gumbo	220	15	22	6	43	14	4	1075	45	13	4	1	3	10	19	12
Corn Chowder	240	10	16	4	19	20	7	750	32	32	12	3	11	6	12	29
Country Chicken Stew	240	9	15	2	10	44	15	924	39	18	6	2	8	18	37	16
Cream of Broccoli w/ Monterey Jack	240	18	27	8	41	40	14	720	31	12	4	2	7	7	14	10
Garden Vegetable	60	2.5	4	0	0	0	0	610	26	10	3	2	7	2	4	8
Gazpacho	100	5	8	1	3	0	0	460	30	10	3	3	11	2	4	7
Hearty Four Meat Chili	285	11	18	4	19	52	17	1219	51	27	9	8	31	20	40	19
Hungarian Mushroom	190	13	20	5	21	30	11	800	33	12	4	2	6	6	12	10



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Italian Wedding w/ Meatballs	180	7	11	3	15	20	7	830	34	17	6	1	3	12	24	16
Mediterranean Grilled Eggplant	90	5	8	0.5	1.5	0	0	640	27	12	4	3	11	2	4	9
New England Clam Chowder	228	14	22	8	41	80	27	850	35	15	5	1	3	18	37	14
Organic Carrot Broccoli	100	6	9	1	6	15	4	426	18	15	5	3	11	3	6	5
Pasta e Fagioli	180	4.5	7	1	6	5	2	770	32	24	8	5	19	11	22	19
Spicy Corn Chowder	295	20	31	11	56	55	18	727	30	24	8	2	7	8	15	22
Split Pea	35	0	0	0	0	2	1	790	33	6	2	2	6	3	5	4
Tomato Florentine	82	3	5	1	3	5	2	454	30	9	4	1	8	4	8	8
Tuscan Meatball	149	9	14	3	15	34	11	1048	44	9	3	2	6	9	19	7
Wild Mushroom Barley	85	1	2	0	1	0	0	139	6	17	6	4	15	3	6	13