



| Soup  | Portion Size | Calorie | Fat g | Sat Fat g | Sodium mg | Carb g | Dietary Fiber g | Sugar g | Protien g | Iron (%) | Calcium % | Vitamin D % | Potassium % |
|---|--------------|---------|-------|-----------|-----------|--------|-----------------|---------|-----------|----------|-----------|-------------|-------------|
| <b>Soups:</b>                                 |              |         |       |           |           |        |                 |         |           |          |           |             |             |
| Broccoli Chowder                              | 250 ml       | 92      | 1.5 g | 0.8 g     | 228 mg    | 17.4 g | 2.5 g           | 3 g     | 3.7 g     | 5%       | 5%        | 53%         | 8%          |
| Cream of Mushroom Bisque                      | 250 ml       | 128     | 7 g   | 3.9 g     | 298 mg    | 11.6 g | 1 g             | 2.5 g   | 5.6 g     | 2%       | 3%        | 0%          | 8%          |
| Garden Chicken Vegetable                      | 250 ml       | 51      | 1.4g  | 0.2g      | 37 mg     | 6.2 g  | 1.6 g           | 3.5 g   | 4.3 g     | 7%       | 3%        | 0%          | 8%          |
| Hearty Potato Soup                            | 250 ml       | 66      | 0.2 g | 0 g       | 54 mg     | 14.8 g | 2.7 g           | 2.1 g   | 1.7 g     | 3%       | 2%        | 0%          | 8%          |
| Mom's Own Borscht                             | 250 ml       | 33      | 0.1g  | o g       | 201 mg    | 7.2 g  | 1.5 g           | 4.9 g   | 1.6 g     | 3%       | 1%        | 0%          | 3%          |
| Mom's Traditional Grochowka (Polish Pea Soup) | 250 ml       | 163     | 2.5g  | 0.5g      | 70mg      | 27.1g  | 8.6g            | 3.8 g   | 9.2 g     | 9%       | 3%        | 0%          | 12%         |
| Moroccan Lentil Soup                          | 250 ml       | 237     | 5 g   | 0.7 g     | 171 mg    | 36.3 g | 13.1 g          | 7.1 g   | 12.5 g    | 28%      | 5%        | 0%          | 11%         |
| Roasted Garlic Tomato Bisque                  | 250 ml       | 125     | 4.6 g | 1.5 g     | 670 mg    | 21.9 g | 2 g             | 5.6 g   | 1.6 g     | 4%       | 3%        | 0%          | 6%          |
| <b>Chili's:</b>                               |              |         |       |           |           |        |                 |         |           |          |           |             |             |
| 3 Bean Souhwest Veggie Chili                  | 250 ml       | 73      | 0.8 g | 0.2 g     | 316 mg    | 14.3 g | 3.8 g           | 4.3 g   | 3.8 g     | 9%       | 3%        | 0%          | 9%          |
| Chuckwagon Chili with Meat                    | 250 ml       | 244     | 5.8 g | 2 g       | 373 g     | 26.4 g | 1.7g            | 2.4 g   | 16 g      | 9%       | 2%        | 0%          | 6%          |

| Soup                                   | Vegetarian | Gluton Free | No GMO | Low Salt | Can be made   |
|--|------------|-------------|--------|----------|---------------|
| Broccoli Chowder                       |            |             | X      | X        | * Gluton free |
| Cream of Mushroom Bisque               |            |             |        | X        |               |
| Garden Chicken Vegetable               |            | X           | X      | X        |               |
| Hearty Potato Soup                     | X          | X           | X      | X        |               |
| Mom's Own Borscht                      |            | X           | X      | X        | * vegan       |
| Mom's Traditional Grochowka (Pea Soup) | X          | X           | X      | X        |               |
| Moroccan Lentil Soup                   | X          | X           | X      | X        |               |
| Roasted Garlic Tomato Bisque           | X          | X           | X      | X        |               |
| <b>Chili's:</b>                        |            |             |        |          |               |
| 3 Bean Souhwest Veggie Chili           | X          | X           | X      |          |               |
| Chuckwagon Chili with Meat             |            | X           | X      |          |               |

\* Subject to change as each soup is made from scratch