



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 %
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%
Creamy Thai Basil Carrot Soup	250 ml	40	1.3 g	0.2 g	66 mg	6.2 g	1.5 g	3.2 g	1.1 g	1%	1%	0%	3%
European Potato Soup	250 ml	77	2.7 g	0.9 g	180 mg	9.5 g	1.6 g	1.9 g	3.7 g	2%	1%	0%	7%
Garden Chicken Vegetable	250 ml	43	1.3 g	0.1 g	40 mg	3.8 g	0.8 g	2.2 g	3.8 g	2%	1%	0%	3%
Mom's Own Borscht	250 ml	80	0.9 g	0.2 g	75 mg	14.8 g	2.9 g	9.2 g	3.9 g	11%	2%	0%	8%
Mom's Own Borscht Vegan	250 ml	68	0.5 g	0.1 g	65 mg	15.4 g	2.9 g	9.7 g	1.8 g	4%	2%	0%	8%
Mom's Traditional Grochowka (Polish Split Pea Soup)	250 ml	96	2 g	0.4 g	63 mg	14.3 g	4.9 g	2.1 g	6 g	6%	1%	0%	6%
Mom's Vegan Split Pea Soup	250 ml	78	0.7 g	0.1 g	11mg	14.2 g	4.9 g	2 g	4.4 g	5%	1%		6%
Moroccan Lentil Soup	250 ml	124	1.6g	0.2 g	32mg	21.4g	7.6g	5.1g	6.5g	28%	5%	0%	11%
Nona's Minestrone	250 ml	103	2.5 g	0.6 g	210 mg	14.9 g	5.1 g	2.4 g	6 g	4%	5%	0%	10%
Roasted Garlic Tomato Bisque	250 ml	101	1.9 g	0.3 g	116 mg	19.7 g	3.9 g	9.2 g	2.6 g	10%	4%	0%	9%
Roasted Gourmet Mushroom	250 ml	21	0.1 g	0 g	7 mg	3.9g	0.8 g	1.4 g	1.6 g	9%	0%	380%	4%
Simply Potato Soup	250 ml	75	0.1g	0g	68g	17.6 g	2.7 g	3.9 g	1.8 g	3%	1%	0%	10%
Chili													
3 Bean Southwest Veggie Chili	250 ml	87	0.7 g	0.1 g	57 mg	16.5 g	5.2 g	4.2 g	5.1 g	10%	2%	0%	10%
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%
Bone Broth													
Beef Bone Broth	250 g	40	0.9 g	0.1 g	9 mg	2.3 g	0.6 g	1.1 g	0.3 g	0%	2%	0%	1%
Pork Bone Broth	250 g	40	0.9 g	0.1 g	9 mg	2.3 g	0.6 g	1.1 g	0.3 g	0%	2%	0%	1%
Sides													
Polish Sauerkraut with Kelbasa	250 g	183	11.5 g	4 g	1689 mg	11.3 g	4.7 g	3.8 g	9.9 g	17%	4%	0%	7%
Polish Sauerkraut (vegetarian)	250 g	38	0.2 g	0.1 g	921 mg	8.8 g	4.7 g	3.8 g	1.5 g	12%	4%	0%	7%
Braised Purple Cabbage	250 g	62	1.2 g	0.2 g	229 mg	9.2 g	2.3 g	5.9 g	0.9 g	3%	2%	0%	3%