



Nutrition Calculator

Serving Size: 16 ounces

Angus Steak Chili with Beans

Dairy Free, Gluten Free

Tomatoes (tomatoes, salt, naturally derived citric acid), Angus Beef, Onions, Red Chili Beans, Green Peppers, Diced Green Chilies (green chile peppers, water, salt, naturally derived citric acid), Tomato Paste (tomatoes, naturally derived citric acid), Spices, Garlic, Pork Fat, Sea Salt, Paprika, Pepper Sauce (distilled vinegar, red pepper, salt).

Contains:

Cal: 460	Cal from Fat: 120	Total Fat: 14g	Sat Fat: 5g	Chol: 100mg
Sodium: 1300mg	Total Carbs: 46g	Fiber: 14g	Sugars: 14g	Protein: 40g

Beef Barley & Vegetable Soup

Beef Stock, Tomato Strips (tomatoes, salt, naturally derived citric acid), Angus Beef, Carrots, Onions, Pearl Barley, Green Beans, Peas, Celery, Mushrooms, Leeks, Red Peppers, Butter (cream, salt), Sea Salt, Parsley, Garlic, Spices.

Contains: milk, gluten (present in barley) ingredients.

Cal: 220	Cal from Fat: 50	Total Fat: 6g	Sat Fat: 3g	Chol: 40mg
Sodium: 1620mg	Total Carbs: 26g	Fiber: 6g	Sugars: 4g	Protein: 18g

Beef Stew

Dairy Free, Gluten Free

Angus Beef, Beef Stock, Potatoes, Onions, Carrots, Celery, Peas, Turnips, Burgundy Wine, Water, Corn Starch, Sea Salt, Corn Oil, Parsley, Spices.

Contains:

Cal: 400	Cal from Fat: 120	Total Fat: 12g	Sat Fat: 4g	Chol: 90mg
Sodium: 1440mg	Total Carbs: 38g	Fiber: 6g	Sugars: 6g	Protein: 34g

Black Bean Soup

Dairy Free, Gluten Free

Black Beans, Vegetable Stock, Water, Onions, Carrots, Celery, Olive Oil, Garlic, Rice Starch, Cilantro, Spices, Lime Juice, Sea Salt, Paprika, Sugar, Pepper Sauce (distilled vinegar, red pepper, salt).

Contains:

Cal: 480	Cal from Fat: 120	Total Fat: 14g	Sat Fat: 2g	Chol: 0mg
Sodium: 1080mg	Total Carbs: 72g	Fiber: 24g	Sugars: 6g	Protein: 22g

Broccoli Cheddar Soup

Gluten Free

Water, Broccoli, Cheddar Cheese (milk, cheese cultures, salt, enzymes, annatto), Rice Flour, Light Cream, Olive Oil, Butter (cream, salt), Rice Starch, Onions, Sea Salt, Spices.

Contains: milk ingredients.

Cal: 620	Cal from Fat: 420	Total Fat: 46g	Sat Fat: 24g	Chol: 110mg
Sodium: 1620mg	Total Carbs: 30g	Fiber: 4g	Sugars: 2g	Protein: 24g

Buffalo Chicken Soup

Chicken Stock, Chicken Meat, Carrots, Celery, Onions, Blue Cheese (milk, cheese cultures, salt, enzymes), Butter (cream, salt), Wheat Flour, Garlic, Cider Vinegar (cider vinegar, water), Water, Paprika, Sea Salt, Pepper Sauce (distilled vinegar, red pepper, salt), Rice Starch, Spices.

Contains: milk, wheat ingredients.

Cal: 520	Cal from Fat: 300	Total Fat: 32g	Sat Fat: 20g	Chol: 140mg
Sodium: 1480mg	Total Carbs: 28g	Fiber: 4g	Sugars: 6g	Protein: 32g

Butternut Squash and Apple Soup

Butternut Squash, Chicken Stock, Apples, Light Cream, Onions, Butter (cream, salt), Honey, Sherry Wine, Sea Salt, Chicken Fat, Spices.

Contains: milk ingredients.

Cal: 380	Cal from Fat: 200	Total Fat: 22g	Sat Fat: 12g	Chol: 70mg
Sodium: 1020mg	Total Carbs: 44g	Fiber: 8g	Sugars: 22g	Protein: 6g

Carrot Ginger Soup*Dairy Free, Gluten Free*

Carrots, Water, Orange Juice, Onions, White Rice, Corn Oil, Ginger, Sesame Oil, Garlic, Tamari Sauce (water, soybeans, salt), Sea Salt, Spices.

Contains soy ingredients.

Contains: soy ingredients.

Cal: 220	Cal from Fat: 80	Total Fat: 9g	Sat Fat: 1g	Chol: 0mg
Sodium: 640mg	Total Carbs: 36g	Fiber: 8g	Sugars: 14g	Protein: 4g

Chicken & Dumpling Soup

Chicken Stock, Chicken Meat, Dumplings (durum wheat flour, water, eggs, wheat gluten, salt), Carrots, Celery, Onions, Chicken Fat, Wheat Flour, Sea Salt, Parsley, Spices.

Contains: wheat, egg ingredients.

Cal: 480	Cal from Fat: 200	Total Fat: 24g	Sat Fat: 7g	Chol: 130mg
Sodium: 1500mg	Total Carbs: 38g	Fiber: 4g	Sugars: 4g	Protein: 28g

Chicken Noodle Soup*Dairy Free*

Chicken Stock, Mafalda Noodle (semolina, durum flour, eggs, egg whites), Chicken Meat, Carrots, Celery, Onions, Sea Salt, Chicken Fat, Spices.

Contains: wheat, egg ingredients.

Cal: 200	Cal from Fat: 40	Total Fat: 4g	Sat Fat: 1g	Chol: 60mg
Sodium: 1540mg	Total Carbs: 20g	Fiber: 2g	Sugars: 4g	Protein: 20g

Chicken Stew*Dairy Free*

Chicken Stock, Chicken Meat, Carrots, Potatoes, Celery, Peas, Chicken Fat, Wheat Flour, Onions, Sea Salt, Parsley, Spices.

Contains: wheat ingredients.

Cal: 480	Cal from Fat: 220	Total Fat: 24g	Sat Fat: 7g	Chol: 110mg
Sodium: 1260mg	Total Carbs: 32g	Fiber: 4g	Sugars: 4g	Protein: 34g

Chicken Tortellini Soup

Chicken Stock, Cheese Tortellini (semolina flour, water, eggs, egg white powder; provolone cheese [milk, culture, salt, enzymes), ricotta cheese [milk, cream, vinegar, salt], romano cheese [milk, cultures, salt, enzymes, whey), mozzarella cheese [milk, culture, salt, enzyme], Parmesan cheese [part-skimmed milk, cheese cultures, salt, rennet], bread crumbs [wheat flour, evaporated cane juice/sugar, yeast, sea salt], parsley, blended oil [canola oil/olive oil], salt, pepper), Chicken Meat, Celery, Carrots, Onions, Leeks, Spinach, Chicken Fat, Sea Salt, Garlic, Parsley, Spices.

Contains: wheat, egg, milk ingredients.

Cal: 240	Cal from Fat: 60	Total Fat: 6g	Sat Fat: 3g	Chol: 50mg
Sodium: 1400mg	Total Carbs: 24g	Fiber: 2g	Sugars: 2g	Protein: 22g

Chicken Tortilla Soup*Dairy Free, Gluten Free*

Chicken Stock, Tomato Strips (tomatoes, salt, naturally derived citric acid), Chicken Meat, Sweet Corn, Green Peppers, Onions, White Corn Tortilla Chips (white corn, sunflower oil/safflower oil), Diced Green Chilies (green chile peppers, water, salt, naturally derived citric acid), Sea Salt, Corn Oil, Spices, Cilantro, Paprika, Pepper Sauce (distilled vinegar, red pepper, salt), Lime Oil.

Contains:

Cal: 280	Cal from Fat: 70	Total Fat: 7g	Sat Fat: 1g	Chol: 40mg
Sodium: 1660mg	Total Carbs: 34g	Fiber: 6g	Sugars: 10g	Protein: 20g

Chicken Vegetable Soup with Rice*Dairy Free, Gluten Free*

Chicken Stock, Chicken Meat, Tomato Strips (tomatoes, salt, naturally derived citric acid), Carrots, Zucchini, Onions, Summer Squash, Celery, White Rice, Broccoli, Cauliflower, Green Beans, Yellow Wax Beans, Sweet Corn, Peas, Asparagus, Parsnips, Chicken Fat, Water, Sea Salt, Rice Starch, Parsley, Scallions, Basil, Spices.

Contains:

Cal: 200	Cal from Fat: 50	Total Fat: 5g	Sat Fat: 2g	Chol: 40mg
Sodium: 1240mg	Total Carbs: 24g	Fiber: 4g	Sugars: 4g	Protein: 18g

Chipotle Sweet Potato Soup*Dairy Free, Gluten Free*

Vegetable Stock, Sweet Potatoes, Onions, Water, Carrots, Olive Oil, Cilantro, Sesame Oil, Sea Salt, Spices, Rice Starch.

Contains:

Cal: 300	Cal from Fat: 120	Total Fat: 14g	Sat Fat: 2g	Chol: 0mg
Sodium: 1220mg	Total Carbs: 40g	Fiber: 6g	Sugars: 14g	Protein: 4g

Coconut Curry Chicken Soup*Dairy Free, Gluten Free*

Chicken Stock, Chicken Meat, Coconut Milk (coconut milk, water), Water, Brown Rice, Red Peppers, Green Peppers, Onions, Mushrooms, Bamboo Shoots, Rice Starch, Lemongrass, Ginger, Scallions, Chicken Fat, Garlic, Sea Salt, Curry Powder (spices, turmeric, salt, garlic), Spices, Sesame Oil, Garlic Chili Pepper Sauce (red chili, water, sugar, garlic, vinegar, salt), Lime Oil.

Contains: coconut ingredients.

Cal: 300	Cal from Fat: 140	Total Fat: 16g	Sat Fat: 10g	Chol: 40mg
Sodium: 940mg	Total Carbs: 22g	Fiber: 2g	Sugars: 4g	Protein: 18g

Corn Chowder

Corn (corn, water, sugar, salt), Chicken Stock, Potatoes, Light Cream, Onions, Wheat Flour, Soybean Oil, Celery, Sugar, Sea Salt, Worcestershire Sauce (distilled white vinegar, molasses, water, sugar, onions, anchovies, salt, garlic, cloves, tamarind extract, natural flavorings, chili pepper extract), Uncured Bacon (pork, water, brown sugar, salt, vinegar, celery powder, cherry powder, green tea extract, lactic acid starter culture), Spices.

Contains: milk, wheat, fish (anchovy) ingredients.

Cal: 460	Cal from Fat: 220	Total Fat: 24g	Sat Fat: 7g	Chol: 40mg
Sodium: 1360mg	Total Carbs: 54g	Fiber: 4g	Sugars: 12g	Protein: 10g

Cream of Broccoli with Monterey Jack

Chicken Stock, Broccoli, Light Cream, Water, Onions, Wheat Flour, Chicken Fat, Monterey Jack Cheese (milk, cheese culture, salt, enzymes), Butter (cream, salt), Sea Salt, Spices.

Contains: milk, wheat ingredients.

Cal: 520	Cal from Fat: 360	Total Fat: 40g	Sat Fat: 16g	Chol: 80mg
Sodium: 1540mg	Total Carbs: 28g	Fiber: 4g	Sugars: 6g	Protein: 14g

Cream of Chicken with Wild Rice

Chicken Stock, Chicken Meat, Celery, White Rice, Chicken Fat, Wheat Flour, Light Cream, Carrots, Onions, Mushrooms, White Wine, Wild Rice, Sea Salt, Spices, Lemon Oil.

Contains: milk, wheat ingredients.

Cal: 460	Cal from Fat: 240	Total Fat: 26g	Sat Fat: 8g	Chol: 60mg
Sodium: 1400mg	Total Carbs: 38g	Fiber: 2g	Sugars: 2g	Protein: 20g

Curried Cauliflower Soup*Dairy Free, Gluten Free*

Water, Cauliflower, Vegetable Stock, Tomato Strips (tomatoes, salt, naturally derived citric acid), Potatoes, Green Peppers, Onions, Olive Oil, Scallions, Rice Starch, Sea Salt, Spices, Jalapeno Peppers, Paprika, Turmeric.

Contains:

Cal: 160	Cal from Fat: 60	Total Fat: 7g	Sat Fat: 1g	Chol: 0mg
Sodium: 1220mg	Total Carbs: 22g	Fiber: 6g	Sugars: 8g	Protein: 4g

French Onion Soup

Beef Stock, Onions, Chicken Stock, Burgundy Wine, Butter (cream, salt), Worcestershire Sauce (distilled white vinegar, molasses, water, sugar, onions, anchovies, salt, garlic, cloves, tamarind extract, natural flavorings, chili pepper extract), Water, Tamari Sauce (water, soybeans, salt), Sugar, Garlic, Brandy, Sea Salt, Spices, Pepper Sauce (distilled vinegar, red pepper, salt).

Contains: milk, fish (anchovy), soy ingredients.

Cal: 260	Cal from Fat: 80	Total Fat: 9g	Sat Fat: 5g	Chol: 30mg
Sodium: 1760mg	Total Carbs: 32g	Fiber: 4g	Sugars: 18g	Protein: 10g

Gazpacho*Dairy Free*

Water, Cucumber, Tomato Puree (tomatoes, salt, citric acid), Diced Tomatoes in Juice (tomatoes, tomato juice, salt, calcium chloride, citric acid), Green Peppers, Onions, Red Peppers, Yellow Peppers, Olive Oil, Balsamic Vinegar (contains sulfites), Cider Vinegar, Sea Salt, Pepper Sauce

(vinegar, red pepper, salt), Spices, Garlic Juice (garlic juice, salt).

Contains:

Cal: 200	Cal from Fat: 100	Total Fat: 10g	Sat Fat: 2g	Chol: 0mg
Sodium: 960mg	Total Carbs: 20g	Fiber: 4g	Sugars: 14g	Protein: 4g

Grilled Chicken & Corn Chowder

Corn (corn, water, sugar, salt), Chicken Stock, Grilled Chicken (chicken, water, seasoning [salt, dehydrated garlic, spices, paprika], corn oil, rice starch), Potatoes, Green Peppers, Red Peppers, Light Cream, Onions, Wheat Flour, Chicken Fat, Soybean Oil, Celery, Sea Salt, Uncured Bacon (pork, water, brown sugar, salt, vinegar, celery powder, cherry powder, green tea extract, lactic acid starter culture), Sugar, Worcestershire Sauce (distilled white vinegar, molasses, water, sugar, onions, anchovies, salt, garlic, cloves, tamarind extract, natural flavorings, chili pepper extract), Spices.

Contains: milk, wheat, fish (anchovy) ingredients.

Cal: 500	Cal from Fat: 240	Total Fat: 28g	Sat Fat: 8g	Chol: 90mg
Sodium: 1420mg	Total Carbs: 46g	Fiber: 4g	Sugars: 12g	Protein: 24g

Hungarian Mushroom Soup

Beef Stock, Mushrooms, Light Cream, Onions, Wheat Flour, Carrots, Madeira Wine, Soybean Oil, Sour Cream (cultured light cream, nonfat milk, enzymes), Butter (cream, salt), Sea Salt, Paprika, Spices.

Contains: milk, wheat ingredients.

Cal: 380	Cal from Fat: 240	Total Fat: 28g	Sat Fat: 10g	Chol: 50mg
Sodium: 1560mg	Total Carbs: 24g	Fiber: 4g	Sugars: 6g	Protein: 10g

Indian Lentil Stew

Dairy Free

Water, Tomato Strips (tomatoes, salt, naturally derived citric acid), Lentils, Onions, Spinach, Tomato Paste (tomatoes, naturally derived citric acid), Sesame Oil, Mustard Seed, Lime Juice, Spices, Soybean Oil, Sea Salt, Scallions, Garlic, Ginger, Cilantro, Paprika, Rice Starch.

Contains:

Cal: 380	Cal from Fat: 100	Total Fat: 12g	Sat Fat: 1g	Chol: 0mg
Sodium: 1100mg	Total Carbs: 52g	Fiber: 14g	Sugars: 8g	Protein: 18g

Italian Wedding Soup with Meatballs

Chicken Stock, Meatballs (beef, water, egg whites, bread crumbs [wheat flour, salt, yeast], romano cheese [milk, rennet, salt, cheese cultures, enzymes], dehydrated onion, evaporated cane syrup, salt, natural flavors), Acini di Pepe (semolina, durum flour), Spinach, Onions, Sea Salt, Garlic, Spices, Olive Oil.

Contains: wheat, milk, egg ingredients.

Cal: 360	Cal from Fat: 120	Total Fat: 14g	Sat Fat: 6g	Chol: 40mg
Sodium: 1520mg	Total Carbs: 34g	Fiber: 2g	Sugars: 4g	Protein: 22g

Lentil Soup

Dairy Free

Water, Lentils, Carrots, Onions, Olive Oil, Turnips, Celery, Tomato Paste (tomatoes, naturally derived citric acid), Rice Flour, Soybean Oil, Balsamic Vinegar (wine vinegar, grape must), Garlic, Sea Salt, Spices, Paprika, Parsley.

Contains:

Cal: 580	Cal from Fat: 220	Total Fat: 26g	Sat Fat: 3g	Chol: 0mg
Sodium: 1280mg	Total Carbs: 72g	Fiber: 18g	Sugars: 8g	Protein: 22g

Loaded Potato Soup

Gluten Free

Potatoes, Chicken Stock, Beef Stock, Cheddar Cheese (milk, cheese cultures, salt, enzymes), Uncured Bacon (pork, water, brown sugar, salt, vinegar, celery powder, cherry powder, green tea extract, lactic acid starter culture), Water, Light Cream, Leeks, Celery, Onions, Rice Starch, Scallions, Garlic, Sea Salt, Spices.

Contains: milk ingredients.

Cal: 560	Cal from Fat: 300	Total Fat: 32g	Sat Fat: 18g	Chol: 110mg
Sodium: 1300mg	Total Carbs: 44g	Fiber: 4g	Sugars: 4g	Protein: 28g

Lobster Bisque

Chicken Stock, Light Cream, Sherry Wine, Butter (cream, salt), Wheat Flour, Water, Lobster Stock (lobster, salt, cod), Lobster Meat (lobster meat, salt), Rice Starch, Tomato Puree (tomatoes, salt, naturally derived citric acid), Sugar, Sea Salt, Clam Broth (dehydrated clam broth, maltodextrin), Spices.

Contains: milk, wheat, lobster, fish (cod), clam ingredients.

Cal: 520	Cal from Fat: 320	Total Fat: 34g	Sat Fat: 20g	Chol: 200mg
Sodium: 2040mg	Total Carbs: 36g	Fiber: 0g	Sugars: 12g	Protein: 14g

Manhattan Clam Chowder*Dairy Free, Gluten Free*

Tomato Strips (tomatoes, salt, naturally derived citric acid), Fish Stock, Clam Meat, Potatoes, Water, Tomato Paste (tomatoes, naturally derived citric acid), Celery, Onions, Scallions, Olive Oil, Clam Broth (dehydrated clam broth, maltodextrin), Garlic, Parsley, Sea Salt, Spices, Pepper Sauce (distilled vinegar, red pepper, salt).

Contains: clam, fish (haddock/cod) ingredients.

Cal: 300	Cal from Fat: 50	Total Fat: 6g	Sat Fat: 0g	Chol: 40mg
Sodium: 1340mg	Total Carbs: 40g	Fiber: 4g	Sugars: 8g	Protein: 20g

Marinara*Dairy Free*

Ground Tomatoes (tomatoes, salt, naturally derived citric acid), Onions, Water, Olive Oil, Tomato Puree (tomatoes, salt, naturally derived citric acid), Garlic, Parsley, Basil, Sea Salt, Spices.

Contains:

Cal: 160	Cal from Fat: 90	Total Fat: 10g	Sat Fat: 2g	Chol: 0mg
Sodium: 500mg	Total Carbs: 16g	Fiber: 4g	Sugars: 10g	Protein: 4g

Maryland Vegetable Crab*Dairy Free*

Water, Potatoes, Crab Meat, Tomato Strips (tomatoes, salt, naturally derived citric acid), Onions, Savoy Cabbage, Sweet Corn, Zucchini, Carrots, Celery, Corn Oil, Corn Starch, Sea Salt, Celery Salt (salt, celery seed), Pepper Sauce (distilled vinegar, red pepper, salt), Spices, Paprika.

Contains: crab ingredients.

Cal: 280	Cal from Fat: 80	Total Fat: 9g	Sat Fat: 1g	Chol: 50mg
Sodium: 1760mg	Total Carbs: 32g	Fiber: 4g	Sugars: 6g	Protein: 16g

Mediterranean Grilled Eggplant & Zucchini*Dairy Free*

Tomato Strips (tomatoes, salt, naturally derived citric acid), Water, Eggplant, Zucchini, Summer Squash, Green Peppers, Onions, Olive Oil, Sea Salt, Celery, Corn Starch, Parsley, Garlic, Spices, Paprika, Pepper Sauce (distilled vinegar, red pepper, salt).

Contains:

Cal: 180	Cal from Fat: 80	Total Fat: 9g	Sat Fat: 1g	Chol: 0mg
Sodium: 1220mg	Total Carbs: 26g	Fiber: 6g	Sugars: 12g	Protein: 4g

Minestrone

Vegetable Stock, Water, Diced Tomatoes (tomatoes, tomato juice, salt, naturally derived citric acid), White Beans, Savoy Cabbage, Tomato Paste (tomatoes, naturally derived citric acid), Potatoes, Ditalini (semolina, durum flour), Onions, Broccoli, Carrots, Cauliflower, Zucchini, Summer Squash, Olive Oil, Celery, Parmesan Cheese (part-skim milk, cheese cultures, salt, enzymes), Garlic, Sea Salt, Parsley, Basil, Spices, Paprika.

Contains: wheat, milk ingredients.

Cal: 280	Cal from Fat: 50	Total Fat: 6g	Sat Fat: 1g	Chol: 0mg
Sodium: 1180mg	Total Carbs: 44g	Fiber: 8g	Sugars: 10g	Protein: 12g

New England Clam Chowder

Light Cream, Clam Meat, Potatoes, Fish Stock, Onions, Wheat Flour, Soybean Oil, Butter (cream, salt), Clam Broth (dehydrated clam broth, maltodextrin), Sea Salt, Celery, Salt Pork (pork, sea salt), Spices, Worcestershire Sauce (distilled white vinegar, molasses, water, sugar, onions, anchovies, salt, garlic, cloves, tamarind extract, natural flavorings, chili pepper extract), Garlic.

Contains: Contains milk, wheat, clam, fish (haddock/cod, anchovy) ingredients.

Cal: 720	Cal from Fat: 480	Total Fat: 54g	Sat Fat: 24g	Chol: 180mg
Sodium: 1600mg	Total Carbs: 40g	Fiber: 2g	Sugars: 10g	Protein: 20g

North Atlantic Haddock Chowder

Fish Stock, Light Cream, Haddock, Potatoes, Onions, Celery, Butter (cream, salt), Wheat Flour, Sea Salt, Garlic, Spices, Pepper Sauce (distilled vinegar, red pepper, salt).

Contains: fish (haddock/cod), milk, wheat ingredients.

Cal: 600	Cal from Fat: 360	Total Fat: 40g	Sat Fat: 20g	Chol: 200mg
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Sodium: 1120mg	Total Carbs: 26g	Fiber: 2g	Sugars: 6g	Protein: 32g
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Pasta e Fagioli

Chicken Stock, White Beans, Tomato Strips (tomatoes, salt, naturally derived citric acid), Leeks, Spinach, Onions, Celery, Tubettini (semolina, durum flour, egg whites), Uncured Bacon (pork, water, brown sugar, salt, vinegar, celery powder, cherry powder, green tea extract, lactic acid starter culture), Olive Oil, Parmesan Cheese (part-skim milk, cheese cultures, salt, enzymes), Garlic, Sea Salt, Parsley, Spices.

Contains: wheat, egg, milk ingredients.

Cal: 340	Cal from Fat: 80	Total Fat: 9g	Sat Fat: 2g	Chol: 10mg
Sodium: 1520mg	Total Carbs: 48g	Fiber: 10g	Sugars: 6g	Protein: 24g

Portuguese Kale Soup with Linguica

Chicken Stock, Kidney Beans, Kale, Linguica Sausage (pork, water, salt, paprika, spices, garlic, natural flavor), Potatoes, Onions, Olive Oil, Garlic, Sea Salt, Spices, Paprika, Pepper Sauce (distilled vinegar, red pepper, salt).

Contains:

Cal: 400	Cal from Fat: 140	Total Fat: 16g	Sat Fat: 4g	Chol: 40mg
Sodium: 1180mg	Total Carbs: 40g	Fiber: 10g	Sugars: 2g	Protein: 26g

Potato & Leek Soup

Dairy Free

Potatoes, Water, Leeks, Onions, Olive Oil, Celery, Sea Salt, Garlic, Spices, Pepper Sauce (distilled vinegar, red pepper, salt).

Contains:

Cal: 460	Cal from Fat: 280	Total Fat: 32g	Sat Fat: 5g	Chol: 0mg
Sodium: 1200mg	Total Carbs: 42g	Fiber: 4g	Sugars: 4g	Protein: 4g

Roasted Vegetable Soup

Dairy Free, Gluten Free

Water, Potatoes, Onions, Savoy Cabbage, Carrots, Celery, Leeks, Olive Oil, Parsley, Garlic, Sea Salt, Spices.

Contains:

Cal: 380	Cal from Fat: 200	Total Fat: 22g	Sat Fat: 3g	Chol: 0mg
Sodium: 1500mg	Total Carbs: 44g	Fiber: 8g	Sugars: 6g	Protein: 6g

Seafood Chowder

Fish Stock, Light Cream, Potatoes, Water, Haddock, Onions, Shrimp, Clam Meat, Scallops, Wheat Flour, Soybean Oil, Monterey Jack Cheese (milk, cheese culture, salt, enzymes), Carrots, Leeks, Celery, Butter (cream, salt), Sea Salt, Seafood Broth (dehydrated broth of clam, mussel and crab; maltodextrin, salt), Lobster Stock (lobster, salt, cod), Garlic, Spices.

Contains: fish (haddock/cod), milk, shrimp, clam, scallop, wheat, mussel, crab, lobster ingredients.

Cal: 620	Cal from Fat: 360	Total Fat: 40g	Sat Fat: 16g	Chol: 160mg
Sodium: 1300mg	Total Carbs: 34g	Fiber: 2g	Sugars: 6g	Protein: 28g

Shrimp & Roasted Corn Chowder

Chicken Stock, Shrimp, Light Cream, Potatoes, Water, Roasted Sweet Corn, Celery, Onions, Butter (cream, salt), Red Peppers, Wheat Flour, Rice Starch, Brandy, Sea Salt, Sugar, Garlic Chili Pepper Sauce (red chili, water, sugar, garlic, vinegar, salt), Spices.

Contains: shrimp, milk, wheat ingredients.

Cal: 480	Cal from Fat: 220	Total Fat: 26g	Sat Fat: 14g	Chol: 180mg
Sodium: 1120mg	Total Carbs: 42g	Fiber: 4g	Sugars: 8g	Protein: 22g

Shrimp & Sausage Gumbo

Dairy Free

Water, Chicken Stock, Tomato Strips (tomatoes, salt, naturally derived citric acid), Celery, Green Peppers, Okra, Onions, Shrimp, Andouille Sausage (pork, potatoes, sea salt, evaporated cane juice, spices, paprika, garlic, celery powder), White Rice, Wheat Flour, Tomato Puree (tomatoes, salt, naturally derived citric acid), Pork Fat, Chicken Fat, Sea Salt, Rice Starch, Parsley, Pepper Sauce (distilled vinegar, red pepper, salt), Spices, Garlic, Natural Clam Extract, Paprika.

Contains: shrimp, wheat, clam ingredients.

Cal: 320	Cal from Fat: 100	Total Fat: 12g	Sat Fat: 4g	Chol: 60mg
Sodium: 1600mg	Total Carbs: 38g	Fiber: 6g	Sugars: 8g	Protein: 18g

Spiced Pumpkin Bisque

Chicken Stock, Pumpkin, Light Cream, Onions, Sweet Potatoes, Brown Sugar, Butter (cream, salt), Sea Salt, Paprika, Spices, Pepper Sauce (distilled vinegar, red pepper, salt).

Contains: milk ingredients.

Cal: 260	Cal from Fat: 120	Total Fat: 14g	Sat Fat: 8g	Chol: 40mg
Sodium: 1220mg	Total Carbs: 30g	Fiber: 10g	Sugars: 18g	Protein: 10g

Spicy Asian Beef Soup

Dairy Free, Gluten Free

Beef Stock, Onions, Angus Beef, Brown Rice, Carrots, Red Peppers, Lemongrass, Soybean Oil, Jalapeno Peppers, Garlic, Sea Salt, Spices, Basil, Cilantro, Annatto Seeds, Fish Sauce (water, fish, salt).

Contains: fish (anchovy) ingredients.

Cal: 260	Cal from Fat: 80	Total Fat: 9g	Sat Fat: 3g	Chol: 40mg
Sodium: 1720mg	Total Carbs: 26g	Fiber: 4g	Sugars: 4g	Protein: 22g

Spicy Crab & Sweet Corn Chowder

Light Cream, Chicken Stock, Water, Crab Meat, Sweet Corn, Crab Extract, Green Peppers, Onions, Celery, Butter (cream, salt), Wheat Flour, White Wine, Brandy, Sugar, Soybean Oil, Garlic, Sea Salt, Paprika, Rice Starch, Spices, Garlic Chili Pepper Sauce (red chili, water, sugar, garlic, vinegar, salt), Worcestershire Sauce (distilled white vinegar, molasses, water, sugar, onions, anchovies, salt, garlic, cloves, tamarind extract, natural flavorings, chili pepper extract), Pepper Sauce (distilled vinegar, red pepper, salt).

Contains: milk, crab, wheat, fish (anchovy) ingredients.

Cal: 620	Cal from Fat: 420	Total Fat: 48g	Sat Fat: 24g	Chol: 160mg
Sodium: 1620mg	Total Carbs: 30g	Fiber: 2g	Sugars: 12g	Protein: 16g

Spinach & Artichoke Dip

Light Cream (milk, cream), Vegetable Stock, Spinach, Monterey Jack Cheese (milk, cheese culture, salt, enzymes), Artichokes, Pecorino Romano Cheese (partskim sheep's milk, rennet, salt), Butter (cream, salt), Wheat Flour, Onions, Garlic, Sea Salt, Spices, Parsley, Olive Oil.

Contains: milk, wheat ingredients.

Cal: 120	Cal from Fat: 90	Total Fat: 10g	Sat Fat: 6g	Chol: 30mg
Sodium: 440mg	Total Carbs: 4g	Fiber: 0g	Sugars: 0g	Protein: 4g

Split Pea with Ham Soup

Dairy Free

Peas, Pork Stock, Onions, Uncured Ham (pork, water, sea salt, evaporated cane juice, celery powder, spices), Carrots, Celery, Pork Fat, Sea Salt, Garlic, Spices.

Contains:

Cal: 420	Cal from Fat: 80	Total Fat: 9g	Sat Fat: 3g	Chol: 20mg
Sodium: 1480mg	Total Carbs: 62g	Fiber: 22g	Sugars: 12g	Protein: 30g

Steak & Ale Soup

Water, Beef Stock, Cheddar Cheese (cultured milk, salt, enzymes), Ale Beer, Potatoes, Carrots, Angus Beef, Celery, Butter (cream, salt), Rice Flour, Onions, Light Cream (milk, cream), Rice Starch, Canola Oil, Sherry Wine, Uncured Bacon (pork, water, brown sugar, salt, vinegar, celery powder, cherry powder, green tea extract, lactic acid starter culture), Sea Salt, Garlic, Thyme, Spices.

Contains: milk, gluten (present in barley) ingredients

Cal: 700	Cal from Fat: 420	Total Fat: 46g	Sat Fat: 28g	Chol: 150mg
Sodium: 1500mg	Total Carbs: 40g	Fiber: 4g	Sugars: 4g	Protein: 30g

Thai Chicken Soup with Red Curry

Dairy Free

Chicken Stock, Chicken Meat, Coconut Milk (coconut milk, water), Onions, Red Peppers, Green Peppers, Brown Rice, Water, Bamboo Shoots, Rice Flour, Lemongrass, Rice Starch, Ginger, Sea Salt, Garlic, Chicken Fat, Red Curry Paste (red chili, salt, lemongrass, onion, garlic, galangal, dextrose, kaffir lime peel, cumin powder, paprika oleoresin, coriander), Scallions, Spices, Garlic Chili Pepper Sauce (red chili, water, sugar, garlic, vinegar, salt), Sesame Oil, Paprika, Sugar, Lime Oil.

Contains: coconut ingredients.

Cal: 380	Cal from Fat: 120	Total Fat: 14g	Sat Fat: 7g	Chol: 40mg
Sodium: 1660mg	Total Carbs: 46g	Fiber: 4g	Sugars: 6g	Protein: 20g

Three Bean Chili

Dairy Free, Gluten Free

Tomatoes (tomatoes, salt, naturally derived citric acid), Onions, Pinto Beans, Red Chili Beans, Black Beans, Water, Sweet Corn, Green Peppers, Red Peppers, Diced Green Chilies (green chile peppers, water, salt, naturally derived citric acid), Yellow Peppers, Spices, Garlic, Cilantro, Corn Oil, Paprika, Sea Salt, Pepper Sauce (distilled vinegar, red pepper, salt).

Contains:

Cal: 380	Cal from Fat: 60	Total Fat: 6g	Sat Fat: 1g	Chol: 0mg
Sodium: 760mg	Total Carbs: 62g	Fiber: 22g	Sugars: 20g	Protein: 18g

Tomato Basil Soup*Dairy Free, Gluten Free*

Tomatoes (tomatoes, salt, naturally derived citric acid), Beef Stock, Carrots, Tomato Paste (tomatoes, naturally derived citric acid), Onions, Olive Oil, Sherry Wine, Basil, Parsley, Thyme, Garlic, Sea Salt, Spices.

Contains:

Cal: 200	Cal from Fat: 70	Total Fat: 8g	Sat Fat: 1g	Chol: 10mg
Sodium: 1700mg	Total Carbs: 28g	Fiber: 6g	Sugars: 14g	Protein: 8g

Tomato Bisque

Ground Tomatoes (tomatoes, salt, naturally derived citric acid), Chicken Stock, Light Cream, Onions, Tomato Paste (tomatoes, naturally derived citric acid), Carrots, Sherry Wine, Butter (cream, salt), Wheat Flour, Basil, Olive Oil, Parsley, Spices, Sea Salt, Garlic.

Contains: milk, wheat ingredients.

Cal: 400	Cal from Fat: 220	Total Fat: 26g	Sat Fat: 12g	Chol: 70mg
Sodium: 1360mg	Total Carbs: 34g	Fiber: 8g	Sugars: 16g	Protein: 10g

Tomato Feta Soup*Gluten Free*

Water, Ground Tomatoes (tomatoes, salt, naturally derived citric acid), Onions, Light Cream, Tomato Paste (tomatoes, naturally derived citric acid), Feta Cheese (milk, salt, cheese cultures, enzymes, potato starch), Carrots, Olive Oil, Sea Salt, Garlic, Parsley, Spices, Rice Starch.

Contains: milk ingredients.

Cal: 260	Cal from Fat: 140	Total Fat: 14g	Sat Fat: 6g	Chol: 30mg
Sodium: 1600mg	Total Carbs: 24g	Fiber: 6g	Sugars: 14g	Protein: 8g

Tomato Soup with Garden Vegetables*Dairy Free, Gluten Free*

Diced Tomatoes (tomatoes, tomato juice, salt, naturally derived citric acid), Water, Zucchini, Summer Squash, Onions, Carrots, Yellow Wax Beans, Green Beans, Celery, Olive Oil, Rice Flour, Scallions, Corn Oil, Spices, Sea Salt, Garlic.

Contains:

Cal: 200	Cal from Fat: 60	Total Fat: 7g	Sat Fat: 1g	Chol: 0mg
Sodium: 1340mg	Total Carbs: 30g	Fiber: 10g	Sugars: 14g	Protein: 6g

Tomato Soup with Rice

Diced Tomatoes (tomatoes, tomato juice, salt, naturally derived citric acid), Chicken Stock, Beef Stock, Tomato Puree (tomatoes, salt, naturally derived citric acid), White Rice, Onions, Green Peppers, Carrots, Butter (cream, salt), Celery, Sherry Wine, Sea Salt, Garlic, Paprika, Spices.

Contains: Contains milk ingredients.

Cal: 220	Cal from Fat: 50	Total Fat: 6g	Sat Fat: 4g	Chol: 20mg
Sodium: 1320mg	Total Carbs: 32g	Fiber: 4g	Sugars: 12g	Protein: 12g

Turkey Chili with Beans*Dairy Free, Gluten Free*

Tomatoes (tomatoes, salt, naturally derived citric acid), Turkey Meat, Onions, Red Chili Beans, Green Peppers, Diced Green Chilies (green chile peppers, water, salt, naturally derived citric acid), Tomato Paste (tomatoes, naturally derived citric acid), Spices, Garlic, Chicken Fat, Paprika, Sea Salt, Pepper Sauce (distilled vinegar, red pepper, salt).

Contains:

Cal: 400	Cal from Fat: 70	Total Fat: 8g	Sat Fat: 2g	Chol: 120mg
Sodium: 1220mg	Total Carbs: 44g	Fiber: 14g	Sugars: 14g	Protein: 38g

Turkey Gumbo*Dairy Free*

Chicken Stock, Tomato Strips (tomatoes, salt, naturally derived citric acid), Turkey Meat, Okra, Onions, Carrots, Celery, White Rice, Green Peppers, Chicken Fat, Sherry Wine, Wheat Flour, Sea Salt, Garlic, Spices, Parsley, Paprika, Pepper Sauce (distilled vinegar, red pepper, salt).

Contains: wheat ingredients.

Cal: 280	Cal from Fat: 70	Total Fat: 8g	Sat Fat: 2g	Chol: 60mg
Sodium: 1420mg	Total Carbs: 32g	Fiber: 4g	Sugars: 6g	Protein: 22g

Vegetarian Vegetable Soup*Dairy Free*

Vegetable Stock, Tomato Strips (tomatoes, salt, naturally derived citric acid), Zucchini, Broccoli, Carrots, Summer Squash, Savoy Cabbage, Green Beans, Yellow Wax Beans, Peas, Sweet Corn, Cauliflower, Potatoes, Celery, Mushrooms, Leeks, Cider Vinegar (cider vinegar, water), Water, Parsley, Corn Starch, Sea Salt, Spices.

Contains:

Cal: 100	Cal from Fat: 10	Total Fat: 0g	Sat Fat: 0g	Chol: 0mg
Sodium: 1560mg	Total Carbs: 22g	Fiber: 6g	Sugars: 8g	Protein: 4g

White Bean and Escarole Soup*Dairy Free*

White Beans, Vegetable Stock, Escarole, Onions, Olive Oil, Sea Salt, Spices, Garlic.

Contains:

Cal: 460	Cal from Fat: 120	Total Fat: 14g	Sat Fat: 2g	Chol: 0mg
Sodium: 1460mg	Total Carbs: 64g	Fiber: 16g	Sugars: 4g	Protein: 24g

White Chicken Chili with Cilantro*Gluten Free*

Chicken Meat, Chicken Stock, White Beans, Onions, Sour Cream (cultured light cream, nonfat milk, enzymes), Green Peppers, Celery, Chicken Fat, Rice Flour, Sea Salt, Garlic, Spices, Garlic Chili Pepper Sauce (red chili, water, sugar, garlic, vinegar, salt), Cilantro, Cocoa Powder.

Contains: milk ingredients.

Cal: 620	Cal from Fat: 240	Total Fat: 28g	Sat Fat: 10g	Chol: 130mg
Sodium: 1420mg	Total Carbs: 48g	Fiber: 10g	Sugars: 6g	Protein: 44g

Yankee Bean & Bacon Soup*Dairy Free*

Beef Stock, White Beans, Potatoes, Uncured Bacon (pork, water, brown sugar, salt, vinegar, celery powder, cherry powder, green tea extract, lactic acid starter culture), Onions, Tomato Puree (tomatoes, salt, naturally derived citric acid), Garlic, Parsley, Scallions, Paprika, Sea Salt, Spices.

Contains:

Cal: 480	Cal from Fat: 100	Total Fat: 12g	Sat Fat: 4g	Chol: 30mg
Sodium: 1580mg	Total Carbs: 66g	Fiber: 14g	Sugars: 4g	Protein: 30g