

## NUTRITIONAL ANALYSIS - SOUPS

SOUPS	SERVING SIZE	CALORIES	TOTAL FAT	SATURATED FAT	CHOLESTEROL	SODIUM	PROTEIN	CARBOHYDRATES	FIBER
			Grams	Grams	Milligrams	Milligrams	Grams	Grams	Grams
Chicken Noodle	1 cup	56	2	0.5	8	872	3	8	1
Chicken Wild Rice	1 cup	128	2.5	0.5	19	261	13	14	1
Chicken with Rice	1 cup	60	2	0.5	7	815	4	7	1
Chili	1/2 cup	149	7	2.5	37	174	13	10	2
Cream of Broccoli	1 cup	129	6	1.5	5	610	6	13	1
Minestrone	1 cup	110	0.5	0	0	97	9	19	3
Tomato	1 cup	60	1	0	0	485	1.5	12	0.5
Vegetable Beef	1 cup	78	2	1	5	791	6	10	0.5