

# Soup Nutrition Information

Soups served at 19 Metro station, The Avenue and Sandwich Factory

Serving sizes: (based on average weights of orders and may vary)

Broth-based soup: 9 oz order

Chili or cream-based soup: 10 oz order

| <b>Item and Ingredients</b>  | <b>Serving Size</b> | <b>Calories</b> | <b>Total Fat (g)</b> | <b>Saturated Fat (g)</b> | <b>Cholesterol (mg)</b> | <b>Sodium (mg)</b> | <b>Carbs (g)</b> | <b>Protein (g)</b> |
|--|---------------------|-----------------|----------------------|--------------------------|-------------------------|--------------------|------------------|--------------------|
| <b>Beef Barley</b><br>beef stock, beef, barley, onion, carrots, celery, worcestershire sauce, margarine, pepper, thyme, parsley  | 9 oz                | 102             | 6                    | 2                        | 20                      | 773                | 6                | 7                  |
| <b>Beef Noodle</b><br>beef stock, beef, egg noodles, onion, carrot, celery, worcestershire sauce, margarine, parsley, thyme, pepper, bay leaf  | 9 oz                | 100             | 3                    | 1                        | 24                      | 770                | 10               | 10                 |
| <b>Broccoli Cheddar</b><br>vegetable stock, whole milk, broccoli, cheddar cheese, onion, flour, butter, margarine, salt, pepper  | 10 oz               | 200             | 15                   | 8                        | 38                      | 726                | 9                | 8                  |
| <b>Carrot Dill</b><br>vegetable stock, carrots, onion, celery, margarine, dill, pepper, cayenne pepper, salt   | 9 oz                | 44              | 1                    | 0                        | 0                       | 524                | 7                | 1                  |
| <b>Carrot and Thyme</b><br>vegetable stock, carrots, potatoes, yogurt, thyme, salt, pepper   | 9 oz                | 58              | 0.5                  | 0                        | 2                       | 591                | 12               | 1                  |
| <b>Clam Chowder</b><br>clams, whole milk, clam juice, heavy cream, potato, celery, onion, butter, flour, clam base, garlic, pepper   | 10 oz               | 234             | 19                   | 12                       | 64                      | 801                | 13               | 4                  |
| <b>Cheddar Potato</b><br>vegetable stock, whole milk, potato, cheddar cheese, instant mashed potato, flour, butter, onion, celery, carrot, margarine, bell pepper, salt, tabasco sauce, garlic, white pepper | 10 oz               | 298             | 18                   | 10                       | 46                      | 518                | 23               | 11                 |
| <b>Chicken Corn Chowder</b><br>whole milk, corn, potato, onion, bacon, chicken breast, celery stalk, butter, chicken base, flour, pepper   | 10 oz               | 352             | 20                   | 9                        | 61                      | 1551               | 27               | 19                 |
| <b>Chicken Noodle</b><br>chicken stock, chicken breast, egg noodles, onion, celery, carrot, cornstarch, margarine, parsley, salt, thyme, pepper, bay leaf  | 9 oz                | 100             | 3                    | 0.5                      | 18                      | 937                | 11               | 7.5                |
| <b>Chicken Tortilla</b><br>chicken stock, chicken breast, corn, tomato sauce, onion, corn tortilla, garlic, cumin, oregano, bay leaf, black pepper   | 9 oz                | 88              | 2                    | 0                        | 13                      | 793                | 10               | 9                  |
| <b>Cream of Broccoli</b><br>vegetable stock, whole milk, broccoli, cream, onion, butter, flour, margarine, salt, nutmeg, thyme, white pepper   | 10 oz               | 167             | 13                   | 7                        | 37                      | 500                | 10               | 3                  |
| <b>Cream of Mushroom</b><br>vegetable stock, whole milk, mushrooms, onion, wine, flour, butter, margarine, garlic, nutmeg, salt, white pepper  | 10 oz               | 126             | 8                    | 4                        | 16                      | 475                | 11               | 4                  |
| <b>Cream of Potato</b><br>vegetable stock, whole milk, potato, onion, celery, carrot, margarine, salt, white pepper  | 10 oz               | 86              | 2                    | 1                        | 5                       | 420                | 14               | 3                  |

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|---|---------------------|-----------------|----------------------|--------------------------|-------------------------|--------------------|------------------|--------------------|
| <b>Cream of Tomato</b><br>vegetable stock, diced tomatoes, whole milk, ketchup, cream, onion, carrots, celery, tomato puree, sugar, margarine, pepper, cloves, bay leaf   | 10 oz               | 144             | 7                    | 3                        | 18                      | 708                | 19               | 2                  |
| <b>Creamy Tomato Basil</b><br>vegetable stock, diced tomatoes, cream, onions, tomato paste, honey, butter, flour, olive oil, garlic, basil, oregano, pepper   | 10 oz               | 162             | 8                    | 5                        | 25                      | 570                | 21               | 3                  |
| <b>Creole Tomato</b><br>vegetable stock, diced tomatoes, bell pepper, onion, margarine, garlic, sugar, marjoram, basil, thyme, salt, bay leaf, black pepper   | 9 oz                | 36              | 0                    | 0                        | 0                       | 570                | 7                | 1                  |
| <b>Lentil and Black Bean</b><br>lentils, sweet potato, black beans, carrots, celery, onion, garlic, cumin, jalapeno, thyme  | 10 oz               | 330             | 1                    | 0                        | 0                       | 72                 | 61               | 20                 |
| <b>Lentil Vegetable</b><br>vegetable stock, lentils, diced tomato, scandinavian vegetable blend, onion, tomato puree, carrots, margarine, celery, thyme, marjoram, salt, pepper                                       | 9 oz                | 78              | 1                    | 0                        | 0                       | 519                | 13               | 4                  |
| <b>Minestrone</b><br>vegetable stock, V8 juice, onion, carrots, cabbage, celery, bell pepper, kidney beans, garbanzo beans, noodles, basil, garlic, olive oil, crushed red pepper                                     | 9 oz                | 60              | 1                    | 0                        | 0                       | 393                | 11               | 2                  |
| <b>Roasted Vegetable</b><br>vegetable stock, v8 juice, diced tomato, mushrooms, onions, squash, bell pepper, carrots, celery, margarine, thyme, basil, oregano, bay leaf, cayenne pepper                              | 9 oz                | 54              | 2                    | 0                        | 0                       | 397                | 8                | 2                  |
| <b>Southwest Black Bean</b><br>vegetable stock, black beans, sour cream, onion, oil blend, jalapeno, lime juice, cilantro, garlic, cumin, oregano   | 10 oz               | 203             | 10                   | 4                        | 18                      | 297                | 23               | 7                  |
| <b>Spicy Carrot</b><br>vegetable stock, carrots, onion, butter, olive oil, garlic, curry powder, nutmeg, anise seeds, cayenne pepper  | 9 oz                | 80              | 3                    | 1                        | 4                       | 302                | 13               | 1                  |
| <b>Spicy Chicken Chowder</b><br>chicken stock, chicken breast, onion, celery, carrots, rice, cornstarch, cumin, oregano, chili powder, garlic powder, worcestershire sauce, tapatio sauce, cayenne pepper             | 10 oz               | 100             | 3                    | 1                        | 27                      | 646                | 9                | 10                 |
| <b>Spicy Lentil</b><br>vegetable stock, lentils, garbanzo beans, diced tomato, onion, celery, carrots, cabbage, garlic, olive oil, salsa, basil, cayenne pepper, pepper   | 10 oz               | 100             | 1                    | 0                        | 0                       | 447                | 18               | 5                  |
| <b>Tomato Bisque</b><br>vegetable stock, bechamel sauce, diced tomato, margarine, carrots, onion, celery, flour, thyme, cloves, bay leaf  | 10 oz               | 138             | 7                    | 2                        | 7                       | 476                | 16               | 3                  |
| <b>Turkey Gumbo</b><br>chicken stock, turkey breast, okra, onion, celery, bell pepper, rice, margarine, parsley, garlic, gumbo file, thyme, pepper, bay leaf  | 9 oz                | 100             | 5                    | 1                        | 25                      | 569                | 6                | 9                  |
| <b>Vegetarian Chili</b><br>diced tomato, kidney beans, white beans, chili beans, black beans, tomato puree, bell pepper, onion, oil blend, cumin, jalapeno, chili powder, garlic, salt, cayenne pepper                | 10 oz               | 204             | 3                    | 0                        | 0                       | 788                | 38               | 10                 |
| <b>Vegetable Noodle</b><br>vegetable stock, v8 juice, egg noodles, diced tomato, scandinavian vegetable blend, celery, carrots, onion, mushroom, margarine, thyme, basil, oregano, bay leaf, marjoram, cayenne pepper | 9 oz                | 90              | 2                    | 0                        | 8                       | 423                | 16               | 3                  |