



KETTLE CUISINE SOUP CONSUMER NUTRITIONAL DATA

Last edited 9/11/2008 (SR)

All food service nutritional information based on a 1 cup (8oz) serving

VARIETY	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb. (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Low Fat	Veg./Vegan	Contains Pork	Dairy Free
Angus Beef Chili with Beans (254g)	230	60	7	2.5	50	680	23	7	7	20			X	X
Asparagus & Brie Soup (245g)	230	130	15	10	45	830	15	2	1	10				
Beef Barley & Vegetable (235g)	100	25	3	1.5	20	810	12	3	2	8	X			
Beef Stew (245g)	230	60	7	2.5	55	770	20	3	4	19				X
Black Bean Soup (250g)	220	60	7	1	0	570	32	10	3	10		X		X
Buffalo Chicken Soup (250g)	260	140	16	11	70	860	15	3	3	15				
Butternut Squash and Apple Soup (250g)	190	90	10	7	35	550	21	3	11	3				
Carrot Ginger Soup (250g)	120	40	4.5	0.5	0	360	19	4	7	2		X		X
Chicken and Dumpling (245g)	210	90	10	3	60	670	17	1	2	15				
Chicken Fajita w/ Fire-Roasted Vegetables (227g)	230	110	12	6	45	710	18	4	4	13				
Chicken Noodle Soup (245g)	130	20	2.5	0.5	35	865	16	2	3	12	X			
Chicken Vegetable Soup w/Rice (245g)	100	15	2	0.5	20	790	12	2	2	9	X			X
Chicken Stew (250g)	250	100	12	3.5	60	660	16	2	2	19				X
Chicken Tortellini (250g)	150	40	4.5	2	30	790	17	1	2	12				
Chicken Tortilla (245g)	140	35	4	0.5	20	900	17	3	5	11				X
Chipotle Sweet Potato Soup (250g)	140	60	7	1	0	590	19	3	7	2		X		X
Corn Chowder (245g)	240	90	10	4	20	750	32	3	7	6			X	
Cream of Broccoli (240g)	240	160	18	8	40	720	12	2	3	7				
Cream of Chicken Soup with Wild Rice (250g)	230	110	12	4	30	750	19	1	1	10				
Fish Chowder made with Haddock (245g)	290	160	18	12	105	580	14	1	4	18				
French Onion Soup (245g)	170	70	8	6	25	740	18	2	8	5				
Green Pea Soup with Mint and Lemon (245g)	220	40	4.5	0.5	0	620	35	12	6	13		X		X
Grilled Chicken & Corn Chowder (245g)	260	110	13	4.5	45	660	25	3	6	13			X	
Hungarian Mushroom Soup (245g)	190	120	13	5	30	800	12	2	3	6				
Italian-Style Wedding Soup w/ Meatballs (260g)	180	60	7	3	20	830	17	1	2	12				
Jambalaya (245g)	200	45	5	1	45	1030	24	1	3	15			X	X
Kale Soup with Linguica Sausage (254g)	200	80	10	2	10	610	19	4	1	10			X	
Lentil Soup (250g)	290	110	13	1.5	0	780	36	9	4	11		X		X
Loaded Potato Soup (250g)	280	140	16	9	55	705	22	2	2	13			X	
Lobster Bisque (245g)	260	150	17	11	100	830	19	0	6	7				
Manhattan Clam Chowder (250g)	130	25	3	0	20	710	17	2	4	10	X			X
Maryland Vegetable Crab (255g)	140	40	4.5	0.5	30	950	16	2	3	9				X
Mediterranean Grilled Eggplant & Zucchini (245g)	90	40	5	0.5	0	640	12	3	6	2		X		X
Minestrone (250g)	160	30	3.5	0.5	0	690	27	6	6	7		X		X
New England Clam Chowder (245g)	340	210	24	13	90	720	21	1	5	11			X	
Pasta e Fagioli (Pasta and Beans) (245g)	180	40	4.5	1	5	770	24	5	3	11				
Potato & Leek (250g)	240	150	17	2.5	0	660	22	2	2	2		X		X
Roasted Vegetable Soup (250g)	190	100	11	1.5	0	800	22	4	3	3		X		X
Seafood Chowder (245g)	300	170	19	9	75	690	18	1	3	15				
Shrimp & Roasted Corn Chowder (245g)	240	110	12	8	90	550	21	2	4	11				
Spicy Crab & Sweet Corn Chowder (233g)	260	140	15	9	65	770	22	1	8	10				
Split Pea with Ham Soup (250g)	220	40	4.5	1.5	10	790	32	11	6	16			X	X
Thai Chicken Soup with Red Curry (250g)	220	90	10	7	15	850	24	2	4	10				X
Three Bean Chili (245g)	180	25	2.5	0	0	590	33	11	7	9	X	X		X
Tomato and Basil (250g)	90	30	3.5	0.5	0	830	10	2	6	5				X
Tomato and Garden Vegetable (250g)	100	35	4	0.5	0	700	15	4	7	3		X		X
Tomato Bisque (250g)	210	110	12	7	35	790	19	4	10	6				
Tomato with Rice (245g)	120	25	3	2	10	760	17	2	6	6	X			
Turkey Chili with Beans (255g)	200	35	4	1	60	660	23	7	7	20				X
Turkey Gumbo (250g)	150	35	4	1.5	30	770	16	2	3	12				X
Vegetarian Vegetable Soup (250g)	45	5	0	0	0	800	10	3	4	2	X	X		X
Vietnamese Chicken Pho with Noodles (250g)	110	15	1.5	0.5	40	750	11	1	2	14	X			
White Bean and Escarole Soup (250g)	230	60	7	1	0	760	32	8	2	12		X		X
White Chicken Chili with Cilantro (245g)	310	130	14	5	70	800	24	5	4	22				

***Please refer to current box or packaging label for most up-to-date information or call 1-800-969-7687.