

Refrigerated



# INGREDIENT & NUTRITION INFORMATION

<b>ALBONDIGAS (Mexican-Style Meatball Soup) (700856)</b>	<b>Cal:</b>	<b>Total Fat:</b>	<b>Sat. Fat:</b>	<b>Sodium:</b>	<b>Total Carb:</b>
<b>INGREDIENTS:</b> Chicken Stock (water, chicken, onions, celery, carrots, sea salt, garlic, parsley, white pepper, thyme, bay leaves, marjoram), Diced Tomatoes (tomatoes, tomato juice, salt, naturally derived citric acid), Meatballs (beef, water, egg whites, bread crumbs [wheat flour, salt, yeast], romano cheese [sheep's and/or cow's milk, rennet, salt, cheese cultures, enzymes], dehydrated onion, evaporated cane syrup, salt, natural flavors), Onions, Carrots, White Rice, Green Peppers, Celery, Tomato Puree (tomatoes, salt, naturally derived citric acid), Butter (cream, salt), Garlic, Sea Salt, Spices, Cilantro, Lime Juice, Chipotle Powder. <b>Contains Egg, Milk, Wheat.</b>	150	7g	3.5g	760mg	17g
	<b>Fiber:</b>	<b>Sugar:</b>	<b>Protein:</b>	<b>Iron:</b>	<b>Vitamin D:</b>
	1g	3g	6g	10%	0%
<b>ANGUS STEAK CHILI WITH BEANS (700095) · Certified Gluten Free, Dairy Free</b>	<b>Cal:</b>	<b>Total Fat:</b>	<b>Sat. Fat:</b>	<b>Sodium:</b>	<b>Total Carb:</b>
<b>INGREDIENTS:</b> Angus Beef, Ground Tomatoes (tomatoes, salt, naturally derived citric acid), Onions, Diced Tomatoes (tomatoes, tomato juice, salt, naturally derived citric acid), Small Red Beans, Green Peppers, Garlic, Chili Powder (chili pepper, spices, salt, dehydrated garlic), Canola Oil, Spices, Sea Salt, Cocoa Powder, Coffee Extract (decaf).	210	8g	2.5g	580mg	21g
	<b>Fiber:</b>	<b>Sugar:</b>	<b>Protein:</b>	<b>Iron:</b>	<b>Vitamin D:</b>
	7g	7g	18g	20%	0%
<b>BEEF BARLEY &amp; VEGETABLE SOUP (700023) · Low Fat</b>	<b>Cal:</b>	<b>Total Fat:</b>	<b>Sat. Fat:</b>	<b>Sodium:</b>	<b>Total Carb:</b>
<b>INGREDIENTS:</b> Water, Diced Tomatoes (tomatoes, tomato juice, salt, naturally derived citric acid), Beef Stock, Angus Beef, Carrots, Onions, Barley, Green Beans, Peas, Celery, Mushrooms, Leeks, Red Peppers, Sea Salt, Butter (cream, salt), Parsley, Garlic, Spices. <b>Contains Milk.</b>	110	3g	1.5g	690mg	13g
	<b>Fiber:</b>	<b>Sugar:</b>	<b>Protein:</b>	<b>Iron:</b>	<b>Vitamin D:</b>
	3g	2g	8g	6%	0%
<b>BEEF STEW (700084) · Certified Gluten Free, Dairy Free</b>	<b>Cal:</b>	<b>Total Fat:</b>	<b>Sat. Fat:</b>	<b>Sodium:</b>	<b>Total Carb:</b>
<b>INGREDIENTS:</b> Angus Beef, Water, Potatoes, Onions, Carrots, Celery, Beef Stock, Pearl Onions, Peas, Turnips, Burgundy Wine, Corn Starch, Sea Salt, Corn Oil, Parsley, Spices.	240	8g	3g	620mg	18g
	<b>Fiber:</b>	<b>Sugar:</b>	<b>Protein:</b>	<b>Iron:</b>	<b>Vitamin D:</b>
	2g	4g	23g	15%	0%
<b>BLACK BEAN SOUP (700820) · Vegan, Vegetarian, Certified Gluten Free, Dairy Free, Low Fat</b>	<b>Cal:</b>	<b>Total Fat:</b>	<b>Sat. Fat:</b>	<b>Sodium:</b>	<b>Total Carb:</b>
<b>INGREDIENTS:</b> Black Beans, Water, Orange Juice, Onions, Roasted Red Peppers, Roasted Sweet Corn, Chile Peppers, Tomato Puree (tomatoes, salt, naturally derived citric acid), Corn Oil, Sea Salt, Lime Juice, Spices, Cilantro, Garlic, Chili Powder (spices, sea salt, garlic powder), Paprika (for color).	130	3g	0g	650mg	20g
	<b>Fiber:</b>	<b>Sugar:</b>	<b>Protein:</b>	<b>Iron:</b>	<b>Vitamin D:</b>
	5g	4g	6g	10%	0%
<b>BLACK LENTIL &amp; ROASTED GARLIC DAHL (701762) · Vegetarian, Certified Gluten Free</b>	<b>Cal:</b>	<b>Total Fat:</b>	<b>Sat. Fat:</b>	<b>Sodium:</b>	<b>Total Carb:</b>
<b>INGREDIENTS:</b> Water, Black Lentils, Onions, Tomato Puree (tomatoes, salt, naturally derived citric acid), Butter (cream, salt), Heavy Cream, Roasted Garlic, Ginger Puree (ginger, water), Spices, Canola Oil, Sea Salt, Cocoa Powder (processed with alkali). <b>Contains Milk.</b>	250	10g	4.5g	810mg	32g
	<b>Fiber:</b>	<b>Sugar:</b>	<b>Protein:</b>	<b>Iron:</b>	<b>Vitamin D:</b>
	5g	4g	10g	20%	0%
<b>BROCCOLI CHEDDAR SOUP (700063) · Vegetarian, Certified Gluten Free</b>	<b>Cal:</b>	<b>Total Fat:</b>	<b>Sat. Fat:</b>	<b>Sodium:</b>	<b>Total Carb:</b>
<b>INGREDIENTS:</b> Water, Cheddar Cheese (milk, cheese cultures, salt, enzymes), Broccoli, Light Cream (milk, cream), Rice Flour, Butter (cream, salt), Onions, Olive Oil, Sea Salt, Garlic, Spices, Annatto (for color). <b>Contains Milk.</b>	320	24g	15g	760mg	16g
	<b>Fiber:</b>	<b>Sugar:</b>	<b>Protein:</b>	<b>Iron:</b>	<b>Vitamin D:</b>
	1g	1g	11g	0%	0%
<b>BUFFALO-STYLE CHICKEN SOUP (700019)</b>	<b>Cal:</b>	<b>Total Fat:</b>	<b>Sat. Fat:</b>	<b>Sodium:</b>	<b>Total Carb:</b>
<b>INGREDIENTS:</b> Chicken Stock (water, chicken, onions, celery, carrots, sea salt, garlic, parsley, white pepper, thyme, bay leaves, marjoram), Chicken (dark & light meat), Carrots, Celery, Onions, Blue Cheese (milk, cheese cultures, salt, enzymes), Butter (cream, salt), Wheat Flour, Garlic, Apple Cider Vinegar (diluted with water to 5% acidity), Water, Paprika (for color), Sea Salt, Rice Starch, Pepper Sauce (distilled vinegar, red pepper, salt), Spices. <b>Contains Milk, Wheat.</b>	240	15g	9g	660mg	14g
	<b>Fiber:</b>	<b>Sugar:</b>	<b>Protein:</b>	<b>Iron:</b>	<b>Vitamin D:</b>
	0g	3g	13g	6%	0%
<b>BUTTERNUT SQUASH &amp; APPLE SOUP (700056) · Certified Gluten Free</b>	<b>Cal:</b>	<b>Total Fat:</b>	<b>Sat. Fat:</b>	<b>Sodium:</b>	<b>Total Carb:</b>
<b>INGREDIENTS:</b> Butternut Squash, Chicken Stock (water, chicken, onions, celery, carrots, sea salt, garlic, parsley, white pepper, thyme, bay leaves, marjoram), Light Cream (milk, cream), Apples, Onions, Butter (cream, salt), Honey, Amontillado Sherry (grape wine [amontillado medium], alcohol), Sea Salt, Chicken Fat, Spices. <b>Contains Milk.</b>	180	10g	6g	440mg	21g
	<b>Fiber:</b>	<b>Sugar:</b>	<b>Protein:</b>	<b>Iron:</b>	<b>Vitamin D:</b>
	4g	10g	3g	6%	0%
<b>CARIBBEAN JERK CHICKEN SOUP (700708) · Certified Gluten Free, Dairy Free</b>	<b>Cal:</b>	<b>Total Fat:</b>	<b>Sat. Fat:</b>	<b>Sodium:</b>	<b>Total Carb:</b>
<b>INGREDIENTS:</b> Chicken Stock (water, chicken, onions, celery, carrots, sea salt, garlic, parsley, white pepper, thyme, bay leaves, marjoram), Chicken (dark & light meat), Sweet Potatoes, Diced Tomatoes (tomatoes, tomato juice, salt, naturally derived citric acid), Red Kidney Beans, White Rice, Coconut Milk (coconut extract, water), Onions, Molasses, Rice Starch, Carrots, Garlic, Scallions, Tomato Paste (tomatoes, naturally derived citric acid), Olive Oil, Jalapeno Peppers, Cilantro, Sea Salt, Chicken Fat, Spices, Ginger, Pepper Sauce (distilled vinegar, red pepper, salt). <b>Contains Coconut</b>	200	5g	2.5g	690mg	31g
	<b>Fiber:</b>	<b>Sugar:</b>	<b>Protein:</b>	<b>Iron:</b>	<b>Vitamin D:</b>
	5g	7g	11g	10%	0%
<b>CARROT GINGER SOUP (700071) · Vegan, Vegetarian, Certified Gluten Free, Dairy Free</b>	<b>Cal:</b>	<b>Total Fat:</b>	<b>Sat. Fat:</b>	<b>Sodium:</b>	<b>Total Carb:</b>
<b>INGREDIENTS:</b> Carrots, Water, Orange Juice, Onions, White Rice, Corn Oil, Ginger, Garlic, Sesame Oil, Organic Tamari Sauce (water, organic soybeans, salt), Sea Salt, Spices. <b>Contains Soy.</b>	110	4.5g	0.5g	300mg	18g
	<b>Fiber:</b>	<b>Sugar:</b>	<b>Protein:</b>	<b>Iron:</b>	<b>Vitamin D:</b>
	3g	7g	2g	6%	0%



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<b>CHICKEN &amp; DUMPLING SOUP (700048) · Dairy Free</b>	<b>Cal:</b>	<b>Total Fat:</b>	<b>Sat. Fat:</b>	<b>Sodium:</b>	<b>Total Carb:</b>
<b>INGREDIENTS:</b> Chicken Stock (water, chicken, onions, celery, carrots, sea salt, garlic, parsley, white pepper, thyme, bay leaves, marjoram), Chicken (dark & light meat), Dumplings (durum wheat flour, water, eggs, wheat gluten, salt), Carrots, Celery, Onions, Chicken Fat, Wheat Flour, Sea Salt, Parsley, Spices. <b>Contains Wheat and Egg</b>	230	11g	3.5g	700mg	20g
	<b>Fiber:</b>	<b>Sugar:</b>	<b>Protein:</b>	<b>Iron:</b>	<b>Vitamin D:</b>
	1g	2g	13g	6%	0%
<b>CHICKEN &amp; ROASTED CORN CHOWDER (700059) · Certified Gluten Free</b>	<b>Cal:</b>	<b>Total Fat:</b>	<b>Sat. Fat:</b>	<b>Sodium:</b>	<b>Total Carb:</b>
<b>INGREDIENTS:</b> Chicken Stock (water, chicken, onions, celery, carrots, sea salt, garlic, parsley, white pepper, thyme, bay leaves, marjoram), Chicken (dark & light meat), Roasted Sweet Corn, Potatoes, Green Peppers, Light Cream (milk, cream), Red Peppers, Corn (corn, water, salt), Onions, Celery, Chicken Fat, Water, Corn Oil, Rice Flour, Corn Starch, Lemon Juice, Sea Salt, Sugar, Light Chili Powder (chili pepper, salt, spices, garlic powder), Granulated Garlic, Spices, Paprika (for color). <b>Contains Milk.</b>	260	13g	4g	540mg	26g
	<b>Fiber:</b>	<b>Sugar:</b>	<b>Protein:</b>	<b>Iron:</b>	<b>Vitamin D:</b>
	2g	5g	11g	6%	0%
<b>CHICKEN NOODLE SOUP (700039) · Dairy Free, Low Fat</b>	<b>Cal:</b>	<b>Total Fat:</b>	<b>Sat. Fat:</b>	<b>Sodium:</b>	<b>Total Carb:</b>
<b>INGREDIENTS:</b> Chicken Stock (water, chicken, onions, celery, carrots, sea salt, garlic, parsley, white pepper, thyme, bay leaves, marjoram), Mafalda Pasta (semolina, eggs, egg whites), Chicken (dark & light meat), Celery, Carrots, Onions, Sea Salt, Chicken Fat, Spices. <b>Contains Egg, Wheat.</b>	90	2g	1g	660mg	10g
	<b>Fiber:</b>	<b>Sugar:</b>	<b>Protein:</b>	<b>Iron:</b>	<b>Vitamin D:</b>
	1g	2g	7g	6%	0%
<b>CHICKEN STEW (700045) · Dairy Free</b>	<b>Cal:</b>	<b>Total Fat:</b>	<b>Sat. Fat:</b>	<b>Sodium:</b>	<b>Total Carb:</b>
<b>INGREDIENTS:</b> Chicken Stock, Chicken Meat, Potatoes, Carrots, Celery, Chicken Fat, Peas, Onions, Wheat Flour, Sea Salt, Parsley, Spices. <b>Contains Wheat ingredients</b>	230	12g	3.5g	550mg	18g
	<b>Fiber:</b>	<b>Sugar:</b>	<b>Protein:</b>	<b>Iron:</b>	<b>Vitamin D:</b>
	2g	2g	14g	6%	0%
<b>CHICKEN TORTILLA SOUP (700089) · Certified Gluten Free, Dairy Free</b>	<b>Cal:</b>	<b>Total Fat:</b>	<b>Sat. Fat:</b>	<b>Sodium:</b>	<b>Total Carb:</b>
<b>INGREDIENTS:</b> Chicken Stock (water, chicken, onions, celery, carrots, sea salt, garlic, parsley, white pepper, thyme, bay leaves, marjoram), Diced Tomatoes (tomatoes, tomato juice, salt, naturally derived citric acid), Chicken (dark & light meat), Corn, Onions, Green Peppers, Corn Tortilla Chips (corn flour, sunflower and/or safflower oil, sea salt), Chile Peppers, Sea Salt, Corn Oil, Spices, Cilantro, Paprika (for color), Chili Powder (spices, sea salt, garlic powder), Pepper Sauce (distilled vinegar, red pepper, salt), Lime Oil.	120	3.5g	0.5g	680mg	15g
	<b>Fiber:</b>	<b>Sugar:</b>	<b>Protein:</b>	<b>Iron:</b>	<b>Vitamin D:</b>
	2g	3g	8g	6%	0%
<b>CHICKEN VEGETABLE SOUP WITH RICE (700067) · Certified Gluten Free, Dairy Free, Low Fat</b>	<b>Cal:</b>	<b>Total Fat:</b>	<b>Sat. Fat:</b>	<b>Sodium:</b>	<b>Total Carb:</b>
<b>INGREDIENTS:</b> Chicken Stock (water, chicken, onions, celery, carrots, sea salt, garlic, parsley, white pepper, thyme, bay leaves, marjoram), Chicken (dark & light meat), Diced Tomatoes (tomatoes, tomato juice, salt, naturally derived citric acid), Carrots, Zucchini, Onions, Summer Squash, Celery, White Rice, Cauliflower, Broccoli, Green Beans, Golden Wax Beans, Corn, Peas, Asparagus, Water, Parsnips, Chicken Fat, Sea Salt, Rice Starch, Scallions, Basil, Parsley, Spices.	90	2.5g	0.5g	560mg	11g
	<b>Fiber:</b>	<b>Sugar:</b>	<b>Protein:</b>	<b>Iron:</b>	<b>Vitamin D:</b>
	1g	2g	7g	6%	0%
<b>CHIPOTLE SWEET POTATO SOUP (700077) · Vegan, Vegetarian, Certified Gluten Free, Dairy Free</b>	<b>Cal:</b>	<b>Total Fat:</b>	<b>Sat. Fat:</b>	<b>Sodium:</b>	<b>Total Carb:</b>
<b>INGREDIENTS:</b> Sweet Potatoes, Vegetable Stock (water, onions, cabbage, celery, mushrooms, carrots, turnips, black peppercorns, mustard seed, dill weed, thyme, bay leaves, marjoram), Onions, Water, Carrots, Olive Oil, Cilantro, Sea Salt, Sesame Oil, Rice Starch, Spices, Chipotle Powder.	150	6g	1g	590mg	22g
	<b>Fiber:</b>	<b>Sugar:</b>	<b>Protein:</b>	<b>Iron:</b>	<b>Vitamin D:</b>
	3g	8g	2g	6%	0%
<b>CLASSIC GAZPACHO (700994) *seasonal item · Vegan, Vegetarian, Certified Gluten Free, Dairy Free, Low Fat</b>	<b>Cal:</b>	<b>Total Fat:</b>	<b>Sat. Fat:</b>	<b>Sodium:</b>	<b>Total Carb:</b>
<b>INGREDIENTS:</b> Water, Diced Tomatoes (tomatoes, tomato juice, salt, naturally derived citric acid), Cucumbers, Green Peppers, Tomato Puree (tomatoes, salt, naturally derived citric acid), Onions, Yellow Peppers, Red Peppers, Balsamic Vinegar (wine vinegar, grape must), Extra Virgin Olive Oil, Apple Cider Vinegar (diluted with water to 5% acidity), Sea Salt, Pepper Sauce (distilled vinegar, red pepper, salt), Garlic, Spices.	60	1.5g	0g	530mg	10g
	<b>Fiber:</b>	<b>Sugar:</b>	<b>Protein:</b>	<b>Iron:</b>	<b>Vitamin D:</b>
	2g	6g	2g	6%	0%
<b>CORN CHOWDER (700016) · Vegetarian, Certified Gluten Free</b>	<b>Cal:</b>	<b>Total Fat:</b>	<b>Sat. Fat:</b>	<b>Sodium:</b>	<b>Total Carb:</b>
<b>INGREDIENTS:</b> Corn (corn, water, salt), Vegetable Stock (water, onions, cabbage, celery, mushrooms, carrots, turnips, black peppercorns, mustard seed, dill weed, thyme, bay leaves, marjoram), Potatoes, Light Cream (milk, cream), Onions, Butter (cream, salt), Water, Rice Flour, Celery, Corn Starch, Sea Salt, Sugar, Spices. <b>Contains Milk.</b>	230	11g	7g	640mg	30g
	<b>Fiber:</b>	<b>Sugar:</b>	<b>Protein:</b>	<b>Iron:</b>	<b>Vitamin D:</b>
	1g	6g	3g	0%	0%
<b>CREAM OF BROCCOLI (700013)</b>	<b>Cal:</b>	<b>Total Fat:</b>	<b>Sat. Fat:</b>	<b>Sodium:</b>	<b>Total Carb:</b>
<b>INGREDIENTS:</b> Chicken Stock (water, chicken, onions, celery, carrots, sea salt, garlic, parsley, white pepper, thyme, bay leaves, marjoram), Broccoli, Light Cream (milk, cream), Water, Onions, Wheat Flour, Chicken Fat, Monterey Jack Cheese (milk, cheese culture, salt, enzymes), Butter (cream, salt), Sea Salt, Spices. <b>Contains Milk, Wheat.</b>	240	19g	8g	700mg	14g
	<b>Fiber:</b>	<b>Sugar:</b>	<b>Protein:</b>	<b>Iron:</b>	<b>Vitamin D:</b>
	1g	3g	6g	6%	0%
<b>CREAM OF CHICKEN WITH WILD RICE (700044)</b>	<b>Cal:</b>	<b>Total Fat:</b>	<b>Sat. Fat:</b>	<b>Sodium:</b>	<b>Total Carb:</b>
<b>INGREDIENTS:</b> Chicken Stock (water, chicken, onions, celery, carrots, sea salt, garlic, parsley, white pepper, thyme, bay leaves, marjoram), Chicken (dark & light meat), Light Cream (milk, cream), Chicken Fat, Rice Flour, Onions, Celery, Carrots, Water, Mushrooms, Wild Rice, Sherry Wine (contains sulfites), Rice Starch, White Rice, Sea Salt, Garlic, Spices, Pepper Sauce (distilled vinegar, red pepper, salt). <b>Contains Milk.</b>	270	17g	6g	430mg	22g
	<b>Fiber:</b>	<b>Sugar:</b>	<b>Protein:</b>	<b>Iron:</b>	<b>Vitamin D:</b>
	1g	2g	8g	6%	6%

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<b>CREAM OF CRAB (700055)</b>	<b>Cal:</b>	<b>Total Fat:</b>	<b>Sat. Fat:</b>	<b>Sodium:</b>	<b>Total Carb:</b>
<b>INGREDIENTS:</b> Light Cream (milk, cream), Fish Stock (water, cod, haddock, onions, celery, black pepper, thyme, mustard seed, bay leaves), Water, Crab Meat, Butter (cream, salt), Wheat Flour, Onions, Celery, Sherry Wine (contains sulfites), Rice Starch, Tomato Paste (tomatoes, naturally derived citric acid), Lemon Juice, Sea Salt, Crab Extract, Seasoning Blend (celery salt [salt, celery seed], spices, paprika), 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), Spices. <b>Contains Fish (cod/haddock, anchovies), Crab, Milk, Wheat</b>	290	22g	14g	800mg	16g
	<b>Fiber:</b>	<b>Sugar:</b>	<b>Protein:</b>	<b>Iron:</b>	<b>Vitamin D:</b>
	0g	4g	7g	6%	0%
<b>FRENCH ONION SOUP (700026) · Certified Gluten Free</b>	<b>Cal:</b>	<b>Total Fat:</b>	<b>Sat. Fat:</b>	<b>Sodium:</b>	<b>Total Carb:</b>
<b>INGREDIENTS:</b> Water, Onions, Beef Stock, Burgundy Wine, Brandy, Sea Salt, Butter (cream, salt), Soybean Oil, Caramel (100%), Spices. <b>Contains Milk.</b>	160	4.5g	1.5g	950mg	18g
	<b>Fiber:</b>	<b>Sugar:</b>	<b>Protein:</b>	<b>Iron:</b>	<b>Vitamin D:</b>
	2g	8g	9g	6%	0%
<b>GREEK CHICKEN ORZO SOUP (700043) · Low Fat</b>	<b>Cal:</b>	<b>Total Fat:</b>	<b>Sat. Fat:</b>	<b>Sodium:</b>	<b>Total Carb:</b>
<b>INGREDIENTS:</b> Chicken Stock (water, chicken, onions, celery, carrots, sea salt, garlic, parsley, white pepper, thyme, bay leaves, marjoram), Chicken (dark & light meat), Onions, Carrots, Enriched Orzo Pasta (durum wheat semolina, dried egg white powder, niacin, folic acid, ferrous sulfate, riboflavin, thiamine mononitrate), Butter (cream, salt), Lemon Juice, Sea Salt, Parsley, Spices, Garlic, Mint. <b>Contains Egg, Milk, Wheat.</b>	110	3g	2g	660mg	11g
	<b>Fiber:</b>	<b>Sugar:</b>	<b>Protein:</b>	<b>Iron:</b>	<b>Vitamin D:</b>
	1g	2g	11g	10%	0%
<b>HOT HONEY &amp; BUTTERNUT SQUASH SOUP (701768) · Vegetarian, Certified Gluten Free</b>	<b>Cal:</b>	<b>Total Fat:</b>	<b>Sat. Fat:</b>	<b>Sodium:</b>	<b>Total Carb:</b>
<b>INGREDIENTS:</b> Vegetable Stock (water, onions, cabbage, celery, mushrooms, carrots, turnips, black peppercorns, mustard seed, dill weed, thyme, bay leaves, marjoram), Butternut Squash, Sweet Potatoes, Potatoes, Onions, Apples, Honey, Water, Butter (cream, salt), Apple Cider Vinegar (diluted with water to 5% acidity), Corn Starch, Ginger, Roasted Garlic, Sea Salt, Spices. <b>Contains Milk.</b>	140	4g	2.5g	230mg	26g
	<b>Fiber:</b>	<b>Sugar:</b>	<b>Protein:</b>	<b>Iron:</b>	<b>Vitamin D:</b>
	3g	11g	1g	6%	0%
<b>HUNGARIAN MUSHROOM SOUP (700017)</b>	<b>Cal:</b>	<b>Total Fat:</b>	<b>Sat. Fat:</b>	<b>Sodium:</b>	<b>Total Carb:</b>
<b>INGREDIENTS:</b> Water, Mushrooms, Light Cream (milk, cream), Beef Stock, Wheat Flour, Onions, Carrots, Soybean Oil, Madeira Wine (contains sulfites), Sour Cream (cultured light cream, nonfat milk, enzymes), Sea Salt, Butter (cream, salt), Paprika (for color), Spices. <b>Contains Milk, Wheat.</b>	240	17g	6g	670mg	16g
	<b>Fiber:</b>	<b>Sugar:</b>	<b>Protein:</b>	<b>Iron:</b>	<b>Vitamin D:</b>
	1g	4g	6g	6%	0%
<b>ITALIAN STYLE WEDDING SOUP WITH MEATBALLS (700029)</b>	<b>Cal:</b>	<b>Total Fat:</b>	<b>Sat. Fat:</b>	<b>Sodium:</b>	<b>Total Carb:</b>
<b>INGREDIENTS:</b> Chicken Stock (water, chicken, onions, celery, carrots, sea salt, garlic, parsley, white pepper, thyme, bay leaves, marjoram), Meatballs (beef, water, egg whites, bread crumbs [wheat flour, salt, yeast], romano cheese [sheep's and/or cow's milk, rennet, salt, cheese cultures, enzymes], dehydrated onion, evaporated cane syrup, salt, natural flavors), Onions, Acini di Pepe Pasta (semolina [wheat], egg whites), Spinach, Escarole, Extra Virgin Olive Oil, Basil, Garlic, Sea Salt, Thyme, Canola Oil, Spices, Lemon Juice. <b>Contains Egg, Milk, Wheat.</b>	130	8g	3g	530mg	10g
	<b>Fiber:</b>	<b>Sugar:</b>	<b>Protein:</b>	<b>Iron:</b>	<b>Vitamin D:</b>
	1g	2g	7g	10%	0%
<b>LENTIL SOUP (700027) · Vegan, Vegetarian, Dairy Free</b>	<b>Cal:</b>	<b>Total Fat:</b>	<b>Sat. Fat:</b>	<b>Sodium:</b>	<b>Total Carb:</b>
<b>INGREDIENTS:</b> Water, Lentils, Onions, Carrots, Celery, Turnips, Tomato Paste (tomatoes, naturally derived citric acid), Olive Oil, Extra Virgin Olive Oil, Rice Flour, Soybean Oil, Balsamic Vinegar (wine vinegar, grape must), Garlic, Sea Salt, Spices, Paprika (for color), Parsley.	180	11g	1.5g	610mg	18g
	<b>Fiber:</b>	<b>Sugar:</b>	<b>Protein:</b>	<b>Iron:</b>	<b>Vitamin D:</b>
	5g	4g	5g	10%	0%
<b>LOADED POTATO SOUP (700064) · Certified Gluten Free</b>	<b>Cal:</b>	<b>Total Fat:</b>	<b>Sat. Fat:</b>	<b>Sodium:</b>	<b>Total Carb:</b>
<b>INGREDIENTS:</b> Potatoes, Water, Chicken Stock (water, chicken, onions, celery, carrots, sea salt, garlic, parsley, white pepper, thyme, bay leaves, marjoram), Cheddar Cheese (milk, cheese cultures, salt, enzymes), Uncured Bacon with no nitrites or nitrates added (pork, sea salt, raw sugar, spices), Light Cream (milk, cream), Leeks, Celery, Beef Stock, Onions, Rice Starch, Scallions, Sea Salt, Garlic, Spices. <b>Contains Milk.</b>	340	20g	11g	870mg	22g
	<b>Fiber:</b>	<b>Sugar:</b>	<b>Protein:</b>	<b>Iron:</b>	<b>Vitamin D:</b>
	1g	2g	17g	6%	0%
<b>LOBSTER BISQUE (700006)</b>	<b>Cal:</b>	<b>Total Fat:</b>	<b>Sat. Fat:</b>	<b>Sodium:</b>	<b>Total Carb:</b>
<b>INGREDIENTS:</b> Chicken Stock (water, chicken, onions, celery, carrots, sea salt, garlic, parsley, white pepper, thyme, bay leaves, marjoram), Light Cream (milk, cream), Butter (cream, salt), Wheat Flour, Water, Lobster Stock (lobster, salt, cod and/or salmon), Lobster Meat (lobster meat, water, salt), Tomato Puree (tomatoes, salt, naturally derived citric acid), Sugar, Sherry Wine (contains sulfites), Rice Starch, Sea Salt, Clam Concentrate (concentrated clam broth, salt), White Pepper. <b>Contains milk, wheat, lobster, clam, cod and/or salmon ingredients</b>	250	18g	11g	880mg	18g
	<b>Fiber:</b>	<b>Sugar:</b>	<b>Protein:</b>	<b>Iron:</b>	<b>Vitamin D:</b>
	0g	6g	6g	6%	0%
<b>MANHATTAN CLAM CHOWDER (700061) · Certified Gluten Free, Dairy Free, Low Fat</b>	<b>Cal:</b>	<b>Total Fat:</b>	<b>Sat. Fat:</b>	<b>Sodium:</b>	<b>Total Carb:</b>
<b>INGREDIENTS:</b> Diced Tomatoes (tomatoes, tomato juice, salt, naturally derived citric acid), Fish Stock (water, cod, haddock, onions, celery, black pepper, thyme, mustard seed, bay leaves), Clam Meat, Potatoes, Water, Tomato Paste (tomatoes, naturally derived citric acid), Onions, Celery, Scallions, Olive Oil, Clam Broth (dehydrated clam broth, maltodextrin), Garlic, Parsley, Sea Salt, Spices, Pepper Sauce (distilled vinegar, red pepper, salt). <b>Contains Clam, Cod and/or Haddock ingredients</b>	120	3g	0g	650mg	16g
	<b>Fiber:</b>	<b>Sugar:</b>	<b>Protein:</b>	<b>Iron:</b>	<b>Vitamin D:</b>
	1g	3g	8g	40%	0%

Refrigerated



# INGREDIENT & NUTRITION INFORMATION

<b>MARYLAND VEGETABLE CRAB SOUP (700062) · Certified Gluten Free, Dairy Free, Low Fat</b>	<b>Cal:</b>	<b>Total Fat:</b>	<b>Sat. Fat:</b>	<b>Sodium:</b>	<b>Total Carb:</b>
<b>INGREDIENTS:</b> Water, Chicken Stock (water, chicken, onions, celery, carrots, sea salt, garlic, parsley, white pepper, thyme, bay leaves, marjoram), Diced Tomatoes (tomatoes, tomato juice, salt, naturally derived citric acid), Crab Meat, Potatoes, Onions, Savoy Cabbage, Celery, Corn, Lima Beans, Carrots, Tomato Paste (tomatoes, naturally derived citric acid), Rice Starch, Uncured Bacon with no nitrites or nitrates added (pork, sea salt, raw sugar, spices), Crab Extract, Sea Salt, Parsley, Seasoning Blend (celery salt [salt, celery seed], spices, paprika), Paprika (for color), Pepper Sauce (distilled vinegar, red pepper, salt), Spices. <b>Contains Crab ingredients</b>	110	1.5g	0g	820mg	16g
	<b>Fiber:</b>	<b>Sugar:</b>	<b>Protein:</b>	<b>Iron:</b>	<b>Vitamin D:</b>
	2g	3g	7g	6%	0%
<b>MINESTRONE (700022) · Vegetarian, Dairy Free, Low Fat</b>	<b>Cal:</b>	<b>Total Fat:</b>	<b>Sat. Fat:</b>	<b>Sodium:</b>	<b>Total Carb:</b>
<b>INGREDIENTS:</b> Vegetable Stock (water, onions, cabbage, celery, mushrooms, carrots, turnips, black peppercorns, mustard seed, dill weed, thyme, bay leaves, marjoram), Diced Tomatoes (tomatoes, tomato juice, salt, naturally derived citric acid), Ground Tomatoes (tomatoes, salt, naturally derived citric acid), Onions, Zucchini, Great Northern Beans, Savoy Cabbage, Garbanzo Beans, Carrots, Celery, White Wine (contains sulfites), Ditalini Pasta (semolina, egg whites), Basil, Canola Oil, Sea Salt, Garlic, Sugar, Extra Virgin Olive Oil, Spices. <b>Contains Egg, Wheat.</b>	80	2g	0g	450mg	14g
	<b>Fiber:</b>	<b>Sugar:</b>	<b>Protein:</b>	<b>Iron:</b>	<b>Vitamin D:</b>
	3g	5g	3g	6%	0%
<b>NEW ENGLAND CLAM CHOWDER (700000)</b>	<b>Cal:</b>	<b>Total Fat:</b>	<b>Sat. Fat:</b>	<b>Sodium:</b>	<b>Total Carb:</b>
<b>INGREDIENTS:</b> Light Cream (milk, cream), Clam Meat, Potatoes, Fish Stock (water, cod, haddock, onions, celery, black pepper, thyme, mustard seed, bay leaves), Onion Wheat Flour, Soybean Oil, Butter (cream, salt), Clam Broth (dehydrated clam broth, maltodextrin), Sea Salt, Celery, Salt Pork (pork, sea salt), Spices, Worcestershire Sauc (distilled white vinegar, molasses, water, sugar, onions, anchovies, salt, garlic, cloves, tamarind extract, natural flavorings, chili pepper extract), Garlic. <b>Contains Clams, Fish (anchovies, cod/haddock), Milk, Wheat</b>	340	24g	13g	710mg	21g
	<b>Fiber:</b>	<b>Sugar:</b>	<b>Protein:</b>	<b>Iron:</b>	<b>Vitamin D:</b>
	1g	5g	10g	40%	0%
<b>NORTH ATLANTIC HADDOCK CHOWDER (700005)</b>	<b>Cal:</b>	<b>Total Fat:</b>	<b>Sat. Fat:</b>	<b>Sodium:</b>	<b>Total Carb:</b>
<b>INGREDIENTS:</b> Fish Stock (water, cod, haddock, onions, celery, black pepper, thyme, mustard seed, bay leaves), Light Cream (milk, cream), Haddock, Potatoes, Onions, Celery, Butter (cream, salt), Wheat Flour, Sea Salt, Garlic, Spices, Pepper Sauce (distilled vinegar, red pepper, salt). <b>Contains Fish (cod/haddock), Milk, Wheat.</b>	260	17g	10g	670mg	14g
	<b>Fiber:</b>	<b>Sugar:</b>	<b>Protein:</b>	<b>Iron:</b>	<b>Vitamin D:</b>
	1g	4g	14g	0%	0%
<b>PASTA e FAGIOLI (700047)</b>	<b>Cal:</b>	<b>Total Fat:</b>	<b>Sat. Fat:</b>	<b>Sodium:</b>	<b>Total Carb:</b>
<b>INGREDIENTS:</b> Chicken Stock (water, chicken, onions, celery, carrots, sea salt, garlic, parsley, white pepper, thyme, bay leaves, marjoram), White Navy Beans, Diced Tomatoes (tomatoes, tomato juice, salt, naturally derived citric acid), Leeks, Spinach, Onions, Celery, Ditalini Pasta (semolina, egg whites), Uncured Bacon with no nitrites or nitrates added (pork, sea salt, raw sugar, spices), Grated Parmesan Cheese (milk, cheese cultures, salt, enzymes), Olive Oil, Extra Virgin Olive Oil, Garlic, Sea Salt, Parsley, Spices. <b>Contains Egg, Milk, Wheat.</b>	160	6g	2g	740mg	24g
	<b>Fiber:</b>	<b>Sugar:</b>	<b>Protein:</b>	<b>Iron:</b>	<b>Vitamin D:</b>
	8g	3g	15g	15%	0%
<b>PORTUGUESE KALE SOUP WITH LINGUICA (700091) · Certified Gluten Free, Dairy Free</b>	<b>Cal:</b>	<b>Total Fat:</b>	<b>Sat. Fat:</b>	<b>Sodium:</b>	<b>Total Carb:</b>
<b>INGREDIENTS:</b> Chicken Stock (water, chicken, onions, celery, carrots, sea salt, garlic, parsley, white pepper, thyme, bay leaves, marjoram), Red Kidney Beans, Kale, Potatoes, Uncured Linguica Sausage (pork, water, salt, paprika, spices, garlic, natural flavor; no nitrate or nitrite added except for those nitrites which naturally occur in natural flavor), Onions, Olive Oil, Garlic, Sea Salt, Spices, Paprika (for color), Pepper Sauce (distilled vinegar, red pepper, salt).	170	7g	1.5g	520mg	23g
	<b>Fiber:</b>	<b>Sugar:</b>	<b>Protein:</b>	<b>Iron:</b>	<b>Vitamin D:</b>
	9g	2g	12g	10%	0%
<b>PURPLE SWEET POTATO &amp; ZA'ATAR SOUP (701765) · Vegan, Vegetarian, Certified Gluten Free, Dairy Free</b>	<b>Cal:</b>	<b>Total Fat:</b>	<b>Sat. Fat:</b>	<b>Sodium:</b>	<b>Total Carb:</b>
<b>INGREDIENTS:</b> Water, Vegetable Stock (water, onions, cabbage, celery, mushrooms, carrots, turnips, black peppercorns, mustard seed, dill weed, thyme, bay leaves, marjoram), Onions, Purple Sweet Potatoes, Cauliflower, Purple Carrot Puree, Fennel, Sea Salt, Canola Oil, Extra Virgin Olive Oil, Roasted Garlic, Za'atar (ground sumac, spices, sesame seed, salt, canola oil), Corn Starch, Sugar.	110	4g	0g	810mg	17g
	<b>Fiber:</b>	<b>Sugar:</b>	<b>Protein:</b>	<b>Iron:</b>	<b>Vitamin D:</b>
	3g	5g	2g	6%	0%
<b>QUINOA &amp; SWEET POTATO CHILI WITH BLACK BEANS (701051) · Vegetarian, Certified Gluten Free, Dairy Free</b>	<b>Cal:</b>	<b>Total Fat:</b>	<b>Sat. Fat:</b>	<b>Sodium:</b>	<b>Total Carb:</b>
<b>INGREDIENTS:</b> Water, Sweet Potatoes, Black Beans, Onions, Diced Tomatoes (tomatoes, tomato juice, salt, naturally derived citric acid), Red Peppers, Yellow Peppers, Orange Juice, Red Quinoa, Canola Oil, Honey, Lime Juice, Corn Starch, Tomato Paste (tomatoes, naturally derived citric acid), Sea Salt, Garlic, Spices, Cilantro, Paprika (for color)	160	4.5g	0g	700mg	29g
	<b>Fiber:</b>	<b>Sugar:</b>	<b>Protein:</b>	<b>Iron:</b>	<b>Vitamin D:</b>
	4g	9g	4g	10%	0%
<b>RED BEET &amp; COCONUT BISQUE (701769) *seasonal item · Vegan, Vegetarian, Certified Gluten Free, Dairy Free</b>	<b>Cal:</b>	<b>Total Fat:</b>	<b>Sat. Fat:</b>	<b>Sodium:</b>	<b>Total Carb:</b>
<b>INGREDIENTS:</b> Water, Coconut Milk (coconut extract, water), Orange Juice, Onions, Organic Blue Agave Nectar Syrup, Corn Starch, Beet Juice Concentrate, Ginger Puree (ginger, water), Lime Juice, Canola Oil, Sea Salt, Jalapeno Peppers, Beet Powder, Garlic. <b>Contains Coconut</b>	210	14g	10g	650mg	21g
	<b>Fiber:</b>	<b>Sugar:</b>	<b>Protein:</b>	<b>Iron:</b>	<b>Vitamin D:</b>
	1g	14g	2g	15%	0%
<b>RED LENTIL SOUP WITH ZUCCHINI &amp; SPINACH (701020) · Vegan, Vegetarian, Dairy Free</b>	<b>Cal:</b>	<b>Total Fat:</b>	<b>Sat. Fat:</b>	<b>Sodium:</b>	<b>Total Carb:</b>
<b>INGREDIENTS:</b> Water, Onions, Carrots, Summer Squash, Zucchini, Red Lentils, Spinach, Sea Salt, Extra Virgin Olive Oil, Garlic, Canola Oil, Paprika (for color), Lemon Juice, Spices.	130	3.5g	0g	780mg	19g
	<b>Fiber:</b>	<b>Sugar:</b>	<b>Protein:</b>	<b>Iron:</b>	<b>Vitamin D:</b>
	4g	4g	6g	10%	0%
<b>ROASTED VEGETABLE SOUP (700094) · Vegan, Vegetarian, Certified Gluten Free, Dairy Free</b>	<b>Cal:</b>	<b>Total Fat:</b>	<b>Sat. Fat:</b>	<b>Sodium:</b>	<b>Total Carb:</b>
<b>INGREDIENTS:</b> Vegetable Stock (water, onions, cabbage, celery, mushrooms, carrots, turnips, black peppercorns, mustard seed, dill weed, thyme, bay leaves, marjoram), Sweet Potatoes, Onion, Water, Potatoes, Zucchini, Savoy Cabbage, Celery, Carrots, Extra Virgin Olive Oil, Olive Oil, Parsley, Sea Salt, Garlic, Lemon Juice, Spices, Thyme.	180	11g	1.5g	750mg	19g
	<b>Fiber:</b>	<b>Sugar:</b>	<b>Protein:</b>	<b>Iron:</b>	<b>Vitamin D:</b>
	3g	6g	2g	6%	0%

Refrigerated



# INGREDIENT & NUTRITION INFORMATION

<b>SEAFOOD CHOWDER (700003) · Certified Gluten Free</b>	<b>Cal:</b>	<b>Total Fat:</b>	<b>Sat. Fat:</b>	<b>Sodium:</b>	<b>Total Carb:</b>
<b>INGREDIENTS:</b> Fish Stock (water, cod, haddock, onions, celery, black pepper, thyme, mustard seed, bay leaves), Light Cream (milk, cream), Potatoes, Haddock, Water, Onions, Rice Flour, Clam Meat, Scallops, Shrimp, Soybean Oil, Carrots, Sea Clams, Celery, Butter (cream, salt), Sea Salt, Lobster Stock (lobster, salt, cod and/or salmon), Garlic, Black Pepper. <b>Contains milk, shrimp, lobster, scallops, clam, salmon, cod, haddock,</b>	270	16g	7g	670mg	18g
	<b>Fiber:</b>	<b>Sugar:</b>	<b>Protein:</b>	<b>Iron:</b>	<b>Vitamin D:</b>
	1g	3g	13g	10%	0%
<b>SHRIMP &amp; SAUSAGE GUMBO (700012) · Dairy Free</b>	<b>Cal:</b>	<b>Total Fat:</b>	<b>Sat. Fat:</b>	<b>Sodium:</b>	<b>Total Carb:</b>
<b>INGREDIENTS:</b> Water, Chicken Stock (water, chicken, onions, celery, carrots, sea salt, garlic, parsley, white pepper, thyme, bay leaves, marjoram), Diced Tomatoes (tomatoes, tomato juice, salt, naturally derived citric acid), Celery, Green Peppers, Onions, Okra, Shrimp, Andouille Sausage (pork, potatoes, sea salt, sugar, 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), Garlic, Spices, Clam Concentrate (concentrated clam broth, salt), Paprika (for color). <b>Contains Shrimp, Wheat, Clam</b>	140	5g	1.5g	710mg	17g
	<b>Fiber:</b>	<b>Sugar:</b>	<b>Protein:</b>	<b>Iron:</b>	<b>Vitamin D:</b>
	2g	3g	7g	6%	6%
<b>SPICED PUMPKIN BISQUE (700033) *seasonal item · Certified Gluten Free</b>	<b>Cal:</b>	<b>Total Fat:</b>	<b>Sat. Fat:</b>	<b>Sodium:</b>	<b>Total Carb:</b>
<b>INGREDIENTS:</b> Chicken Stock (water, chicken, onions, celery, carrots, sea salt, garlic, parsley, white pepper, thyme, bay leaves, marjoram), Pumpkin, Light Cream (milk, cream), Onions, Sweet Potatoes, Brown Sugar, Butter (cream, salt), Sea Salt, Paprika (for color), Spices, Pepper Sauce (distilled vinegar, red pepper, salt). <b>Contains Milk.</b>	120	6g	3.5g	530mg	15g
	<b>Fiber:</b>	<b>Sugar:</b>	<b>Protein:</b>	<b>Iron:</b>	<b>Vitamin D:</b>
	4g	9g	3g	6%	0%
<b>SPICY CRAB &amp; SWEET CORN CHOWDER (700009)</b>	<b>Cal:</b>	<b>Total Fat:</b>	<b>Sat. Fat:</b>	<b>Sodium:</b>	<b>Total Carb:</b>
<b>INGREDIENTS:</b> Light Cream (milk, cream), Chicken Stock (water, chicken, onions, celery, carrots, sea salt, garlic, parsley, white pepper, thyme, bay leaves, marjoram), Water, Crab Meat, Corn, Onions, Green Peppers, Crab Extract, Celery, Butter (cream, salt), Wheat Flour, White Wine (contains sulfites), Brandy, Cane Sugar, Soybean Oil, Garlic, Sea Salt, Paprika (for color), Rice Starch, Spices, Garlic Chili Pepper Sauce (red chili, water, sugar, garlic, distilled 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). <b>Contains Crab, Anchovy, Milk, Wheat</b>	300	22g	13g	800mg	17g
	<b>Fiber:</b>	<b>Sugar:</b>	<b>Protein:</b>	<b>Iron:</b>	<b>Vitamin D:</b>
	1g	6g	9g	6%	0%
<b>SPLIT PEA SOUP WITH HAM (700086) · Certified Gluten Free, Dairy Free</b>	<b>Cal:</b>	<b>Total Fat:</b>	<b>Sat. Fat:</b>	<b>Sodium:</b>	<b>Total Carb:</b>
<b>INGREDIENTS:</b> Peas, Onions, Chicken Stock (water, chicken, onions, celery, carrots, sea salt, garlic, parsley, white pepper, thyme, bay leaves, marjoram), Water, Uncured Ham* (pork, water, vinegar, brown sugar, salt, celery powder, natural flavorings, lactic acid starter culture) *no added nitrite or nitrate except for that naturally occurring in celery powder, Carrots, Celery, Pork Fat, Sea Salt, Garlic, Rice Starch, Salt Pork (pork, sea salt), Soices.	150	5g	1.5g	690mg	17g
	<b>Fiber:</b>	<b>Sugar:</b>	<b>Protein:</b>	<b>Iron:</b>	<b>Vitamin D:</b>
	5g	4g	10g	6%	0%
<b>SUPER GREENS &amp; GARBANZO SOUP (701766) *seasonal item · Vegan, Vegetarian, Certified Gluten Free, Dairy Free, Low Fat</b>	<b>Cal:</b>	<b>Total Fat:</b>	<b>Sat. Fat:</b>	<b>Sodium:</b>	<b>Total Carb:</b>
<b>INGREDIENTS:</b> Water, Vegetable Stock (water, onions, cabbage, celery, mushrooms, carrots, turnips, black peppercorns, mustard seed, dill weed, thyme, bay leaves, marjoram), Green Chickpeas, Zucchini, Peas, Onions, Fennel, Spinach, Kale, Lime Juice, Canola Oil, Sea Salt, Corn Starch, Scallions, Basil, Mint, Garlic, Sugar, Spinach Powder, Chili Pepper.	100	3g	0g	770mg	14g
	<b>Fiber:</b>	<b>Sugar:</b>	<b>Protein:</b>	<b>Iron:</b>	<b>Vitamin D:</b>
	3g	3g	3g	6%	0%
<b>THAI CHICKEN SOUP WITH RED CURRY (700087) · Certified Gluten Free, Dairy Free</b>	<b>Cal:</b>	<b>Total Fat:</b>	<b>Sat. Fat:</b>	<b>Sodium:</b>	<b>Total Carb:</b>
<b>INGREDIENTS:</b> Chicken Stock (water, chicken, onions, celery, carrots, sea salt, garlic, parsley, white pepper, thyme, bay leaves, marjoram), Chicken (dark & light meat), Green Peppers, Onions, Coconut Milk (coconut extract, water), Brown Rice, Red Peppers, Water, Bamboo Shoots, Rice Flour, Rice Starch, Lemongrass, 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), Spices, Scallions, Garlic Chili Pepper Sauce (red chili, water, sugar, garlic, distilled vinegar, salt), Sesame Oil, Paprika (for color), Sugar, Lime Oil. <b>Contains Coconut</b>	170	6g	3.5g	730mg	22g
	<b>Fiber:</b>	<b>Sugar:</b>	<b>Protein:</b>	<b>Iron:</b>	<b>Vitamin D:</b>
	1g	3g	8g	10%	0%
<b>THREE BEAN CHILI (700069) · Vegan, Vegetarian, Certified Gluten Free, Low Fat, Dairy Free</b>	<b>Cal:</b>	<b>Total Fat:</b>	<b>Sat. Fat:</b>	<b>Sodium:</b>	<b>Total Carb:</b>
<b>INGREDIENTS:</b> Tomatoes (tomatoes, salt, citric acid), Onions, Small Red Beans, Black Beans, Pinto Beans, Water, Corn, Green Peppers, Chile Peppers, Red Peppers, Yellow Peppers, Garlic, Spices, Cilantro, Corn Oil, Paprika (for color), Sea Salt, Chili Powder (spices, sea salt, garlic powder), Pepper Sauce (distilled vinegar, red pepper, salt).	140	2.5g	0g	500mg	27g
	<b>Fiber:</b>	<b>Sugar:</b>	<b>Protein:</b>	<b>Iron:</b>	<b>Vitamin D:</b>
	8g	7g	7g	10%	0%
<b>TOMATO BASIL SOUP (700092) · Vegan, Vegetarian, Certified Gluten Free, Dairy Free</b>	<b>Cal:</b>	<b>Total Fat:</b>	<b>Sat. Fat:</b>	<b>Sodium:</b>	<b>Total Carb:</b>
<b>INGREDIENTS:</b> Chopped Tomatoes (tomatoes, salt, naturally derived citric acid), Vegetable Stock (water, onions, cabbage, celery, mushrooms, carrots, turnips, black peppercorns, mustard seed, dill weed, thyme, bay leaves, marjoram), Onions, Carrots, Tomato Paste (tomatoes, naturally derived citric acid), Basil, Extra Virgin Olive Oil, Canola Oil, Garlic, Sea Salt, Spices.	90	4g	0.5g	590mg	13g
	<b>Fiber:</b>	<b>Sugar:</b>	<b>Protein:</b>	<b>Iron:</b>	<b>Vitamin D:</b>
	2g	8g	2g	6%	0%
<b>TOMATO BISQUE (700032) · Vegetarian, Certified Gluten Free</b>	<b>Cal:</b>	<b>Total Fat:</b>	<b>Sat. Fat:</b>	<b>Sodium:</b>	<b>Total Carb:</b>
<b>INGREDIENTS:</b> Ground Tomatoes (tomatoes, salt, naturally derived citric acid), Vegetable Stock (water, onions, cabbage, celery, mushrooms, carrots, turnips, black peppercorns, mustard seed, dill weed, thyme, bay leaves, marjoram), Light Cream (milk, cream), Heavy Cream, Carrots, Onions, Tomato Paste (tomatoes, naturally derived citric acid), Water, Basil, Soybean Oil, Corn Starch, Garlic, Sea Salt, Spices. <b>Contains Milk.</b>	170	11g	6g	600mg	15g
	<b>Fiber:</b>	<b>Sugar:</b>	<b>Protein:</b>	<b>Iron:</b>	<b>Vitamin D:</b>
	3g	9g	3g	10%	6%
<b>TOMATO FETA SOUP (700080) · Vegetarian, Certified Gluten Free</b>	<b>Cal:</b>	<b>Total Fat:</b>	<b>Sat. Fat:</b>	<b>Sodium:</b>	<b>Total Carb:</b>
<b>INGREDIENTS:</b> Water, Ground Tomatoes (tomatoes, salt, naturally derived citric acid), Onions, Light Cream (milk, cream), Tomato Paste (tomatoes, naturally derived citric acid), Feta Cheese (pasteurized milk, salt, cheese cultures, enzymes), Carrots, Olive Oil, Sea Salt, Garlic, Parsley, Spices, Rice Starch. <b>Contains Milk.</b>	140	8g	3.5g	820mg	14g
	<b>Fiber:</b>	<b>Sugar:</b>	<b>Protein:</b>	<b>Iron:</b>	<b>Vitamin D:</b>
	2g	8g	5g	6%	0%



# INGREDIENT & NUTRITION INFORMATION

<b>TOMATO SOUP WITH GARDEN VEGETABLES (700074) · Vegan, Vegetarian, Certified Gluten Free, Dairy Free</b>	<b>Cal:</b>	<b>Total Fat:</b>	<b>Sat. Fat:</b>	<b>Sodium:</b>	<b>Total Carb:</b>
<b>INGREDIENTS:</b> Diced Tomatoes (tomatoes, tomato juice, salt, naturally derived citric acid), Ground Tomatoes (tomatoes, salt, naturally derived citric acid), Water, Summer Squash, Zucchini, Onions, Carrots, Green Beans, Golden Wax Beans, Celery, Rice Flour, Olive Oil, Scallions, Corn Oil, Spices, Sea Salt, Extra Virgin Olive Oil, Garlic.	100	4g	0.5g	530mg	15g
	<b>Fiber:</b>	<b>Sugar:</b>	<b>Protein:</b>	<b>Iron:</b>	<b>Vitamin D:</b>
	3g	6g	3g	10%	0%

<b>TRADITIONAL LOBSTER BISQUE (701432) · Certified Gluten Free</b>	<b>Cal:</b>	<b>Total Fat:</b>	<b>Sat. Fat:</b>	<b>Sodium:</b>	<b>Total Carb:</b>
<b>INGREDIENTS:</b> Light Cream (milk, cream), Clam Juice (ocean clam juice, salt), Whole Milk (milk, vitamin D3), Lobster Meat (lobster meat, water, salt), Water, Sherry Wine (contains sulfites), Butter (cream, salt), Onions, Tomato Paste (tomatoes, naturally derived citric acid), Corn Starch, Sugar, Organic Chicken Broth Concentrate (organic chicken meat with natural juices, sea salt, cooked organic vegetables [organic onion, organic carrot, organic celery], organic chicken fat, natural flavor, organic potato starch, organic rice starch), Lobster Stock (lobster, salt, cod and/or salmon), Sea Salt, Paprika (for color). <b>Contains milk, lobster, clam, cod and/or salmon ingredients</b>	300	23g	14g	950mg	16g
	<b>Fiber:</b>	<b>Sugar:</b>	<b>Protein:</b>	<b>Iron:</b>	<b>Vitamin D:</b>
	0g	11g	8g	6%	0%

<b>TURKEY CHILI WITH BEANS (700082) · Certified Gluten Free, Dairy Free</b>	<b>Cal:</b>	<b>Total Fat:</b>	<b>Sat. Fat:</b>	<b>Sodium:</b>	<b>Total Carb:</b>
<b>INGREDIENTS:</b> Tomatoes (tomatoes, salt, citric acid), Turkey Thigh Meat, Onions, Small Red Beans, Green Peppers, Green Chilies (green chile peppers, water, salt, citric acid), Tomato Paste (tomatoes, naturally derived citric acid), Garlic, Spices, Chicken Fat, Paprika (for color), Sea Salt, Chili Powder (spices, sea salt, garlic powder), Pepper Sauce (distilled vinegar, red pepper, salt).	200	4g	1g	550mg	21g
	<b>Fiber:</b>	<b>Sugar:</b>	<b>Protein:</b>	<b>Iron:</b>	<b>Vitamin D:</b>
	6g	7g	22g	15%	0%

<b>TURKEY GUMBO (700042) · Dairy Free</b>	<b>Cal:</b>	<b>Total Fat:</b>	<b>Sat. Fat:</b>	<b>Sodium:</b>	<b>Total Carb:</b>
<b>INGREDIENTS:</b> Chicken Stock (water, chicken, onions, celery, carrots, sea salt, garlic, parsley, white pepper, thyme, bay leaves, marjoram), Diced Tomatoes (tomatoes, tomato juice, salt, naturally derived citric acid), Turkey Thigh Meat, Okra, Onions, Carrots, Celery, White Rice, Turkey Breast Meat, Green Peppers, Chicken Fat, Sherry Wine (contains sulfites), Wheat Flour, Sea Salt, Garlic, Spices, Parsley, Paprika (for color), Pepper Sauce (distilled vinegar, red pepper, salt). <b>Contains Wheat.</b>	140	4g	1.5g	650mg	15g
	<b>Fiber:</b>	<b>Sugar:</b>	<b>Protein:</b>	<b>Iron:</b>	<b>Vitamin D:</b>
	2g	3g	11g	10%	0%

<b>WHITE BEAN &amp; ESCAROLE SOUP (700028) · Vegan, Vegetarian, Certified Gluten Free, Dairy Free</b>	<b>Cal:</b>	<b>Total Fat:</b>	<b>Sat. Fat:</b>	<b>Sodium:</b>	<b>Total Carb:</b>
<b>INGREDIENTS:</b> White Navy Beans, Vegetable Stock (water, onions, cabbage, celery, mushrooms, carrots, turnips, black peppercorns, mustard seed, dill weed, thyme, bay leaves, marjoram), Escarole, Fennel, Onions, Extra Virgin Olive Oil, Lemon Juice, Sea Salt, Basil, Water, Corn Starch, Garlic, Spices, Thyme.	150	4g	0.5g	730mg	33g
	<b>Fiber:</b>	<b>Sugar:</b>	<b>Protein:</b>	<b>Iron:</b>	<b>Vitamin D:</b>
	15g	3g	10g	20%	0%

<b>WHITE CAULIFLOWER &amp; CHEDDAR SOUP (701764) · Vegetarian, Certified Gluten Free</b>	<b>Cal:</b>	<b>Total Fat:</b>	<b>Sat. Fat:</b>	<b>Sodium:</b>	<b>Total Carb:</b>
<b>INGREDIENTS:</b> Cauliflower, Water, Vegetable Stock (water, onions, cabbage, celery, mushrooms, carrots, turnips, black peppercorns, mustard seed, dill weed, thyme, bay leaves, marjoram), Cheddar Cheese (milk, cheese cultures, salt, enzymes), Heavy Cream, Onions, Butter (cream, salt), Corn Starch, Rice Flour, Sea Salt, Lemon Juice, Black Pepper, Garlic. <b>Contains Milk.</b>	300	23g	16g	670mg	9g
	<b>Fiber:</b>	<b>Sugar:</b>	<b>Protein:</b>	<b>Iron:</b>	<b>Vitamin D:</b>
	1g	2g	11g	0%	10%

<b>WHITE CHICKEN CHILI WITH CILANTRO (700097) · Certified Gluten Free</b>	<b>Cal:</b>	<b>Total Fat:</b>	<b>Sat. Fat:</b>	<b>Sodium:</b>	<b>Total Carb:</b>
<b>INGREDIENTS:</b> Chicken (dark & light meat), Chicken Stock (water, chicken, onions, celery, carrots, sea salt, garlic, parsley, white pepper, thyme, bay leaves, marjoram), White Navy Beans, Onions, Sour Cream (cultured light cream, nonfat milk, enzymes), Celery, Green Peppers, Chicken Fat, Rice Flour, Sea Salt, Garlic, Spices, Garlic Chili Pepper Sauce (red chili, water, sugar, garlic, distilled vinegar, salt), Cilantro, Cocoa Powder. <b>Contains Milk.</b>	270	13g	4.5g	640mg	24g
	<b>Fiber:</b>	<b>Sugar:</b>	<b>Protein:</b>	<b>Iron:</b>	<b>Vitamin D:</b>
	8g	3g	19g	15%	0%

<b>WHITE CORN &amp; MISO CHOWDER (701763) · Vegan, Vegetarian, Certified Gluten Free, Dairy Free</b>	<b>Cal:</b>	<b>Total Fat:</b>	<b>Sat. Fat:</b>	<b>Sodium:</b>	<b>Total Carb:</b>
<b>INGREDIENTS:</b> Water, Corn, Potatoes, Onions, Organic Tofu (water, organic soybeans, calcium sulfate, calcium chloride), Organic Shirokoshi (water, organic soybeans, organic rice, salt, yeast, koji culture), Corn Starch, Canola Oil, Sea Salt, Sugar. <b>Contains Soy.</b>	160	4g	0g	780mg	30g
	<b>Fiber:</b>	<b>Sugar:</b>	<b>Protein:</b>	<b>Iron:</b>	<b>Vitamin D:</b>
	3g	9g	5g	6%	0%

<b>YELLOW BEET, PEPPER &amp; CORN GAZPACHO (701767) *seasonal item · Vegan, Vegetarian, Certified Gluten Free, Dairy Free</b>	<b>Cal:</b>	<b>Total Fat:</b>	<b>Sat. Fat:</b>	<b>Sodium:</b>	<b>Total Carb:</b>
<b>INGREDIENTS:</b> Water, Onions, Yellow Peppers, Golden Beets, Corn (corn, water, salt), Roasted Sweet Corn, Lemon Juice, Canola Oil, Extra Virgin Olive Oil, Corn Starch, Spices, Garlic, Balsamic Vinegar (wine vinegar, grape must), Sea Salt, Cilantro.	140	6g	0.5g	440mg	21g
	<b>Fiber:</b>	<b>Sugar:</b>	<b>Protein:</b>	<b>Iron:</b>	<b>Vitamin D:</b>
	2g	9g	3g	6%	0%

<b>ORGANIC SPLIT PEA WITH KALE SOUP (701000) · Vegan, Vegetarian, Certified Gluten Free, Certified Organic, Low Fat, Dairy Free</b>	<b>Cal:</b>	<b>Total Fat:</b>	<b>Sat. Fat:</b>	<b>Sodium:</b>	<b>Total Carb:</b>
<b>INGREDIENTS:</b> Water, Organic Peas, Organic Kale, Organic Onions, Organic Celery, Organic Carrots, Organic Spices, Organic Canola Oil, Sea Salt.	80	1.5g	0g	340mg	13g
	<b>Fiber:</b>	<b>Sugar:</b>	<b>Protein:</b>	<b>Iron:</b>	<b>Vitamin D:</b>
	4g	2g	5g	6%	0%

Refrigerated



## INGREDIENT & NUTRITION INFORMATION

<b>MACARONI &amp; CHEESE (700050) · Vegetarian</b>	<b>Cal:</b>	<b>Total Fat:</b>	<b>Sat. Fat:</b>	<b>Sodium:</b>	<b>Total Carb:</b>
<b>INGREDIENTS:</b> Water, Elbow Macaroni (semolina [wheat], egg whites), Cheddar Cheese (milk, cheese cultures, salt, enzymes), Light Cream (milk, cream), Butter (cream, salt), Monterey Jack Cheese (milk, cheese culture, salt, enzymes), Rice Flour, Sea Salt, Spices, Annatto (for color). <b>Contains Egg, Milk, Wheat.</b>	510	29g	19g	950mg	42g
	<b>Fiber:</b>	<b>Sugar:</b>	<b>Protein:</b>	<b>Iron:</b>	<b>Vitamin D:</b>
	2g	3g	21g	6%	0%

  

<b>MARINARA SAUCE (700051) **nutritional information based on 1/2 cup (113g) serving · Vegan, Vegetarian, Dairy Free</b>	<b>Cal:</b>	<b>Total Fat:</b>	<b>Sat. Fat:</b>	<b>Sodium:</b>	<b>Total Carb:</b>
<b>INGREDIENTS:</b> Ground Tomatoes (tomatoes, salt, naturally derived citric acid), Water, Onions, Olive Oil, Tomato Puree (tomatoes, salt, naturally derived citric acid), Garlic, Parsley, Basil, Sea Salt, Spices.	70	4g	0.5g	210mg	7g
	<b>Fiber:</b>	<b>Sugar:</b>	<b>Protein:</b>	<b>Iron:</b>	<b>Vitamin D:</b>
	2g	4g	2g	0%	0%

  

<b>ORGANIC STEEL CUT OATMEAL (700099) · Vegan, Vegetarian, Low Fat, Certified Organic, Dairy Free</b>	<b>Cal:</b>	<b>Total Fat:</b>	<b>Sat. Fat:</b>	<b>Sodium:</b>	<b>Total Carb:</b>
<b>INGREDIENTS:</b> Water, Organic Whole Grain Oats, Sea Salt.	180	3g	0.5g	130mg	32g
	<b>Fiber:</b>	<b>Sugar:</b>	<b>Protein:</b>	<b>Iron:</b>	<b>Vitamin D:</b>
	5g	0g	6g	10%	0%