

SOUP SUPREME

Frozen Nutritional Information

Captain's Corn Chowder (910132) · Gluten Free	Cal:	Total Fat:	Sat. Fat:	Sodium:	Total Carb:
INGREDIENTS: Water, Corn, Whole Milk (milk, vitamin D3), Potatoes, Rice Flour, Heavy Cream, Onions, Soybean Oil, Carrots, Corn Starch, Uncured Bacon* (pork, sea salt, cane sugar), Sea Salt, Pork Fat, Butter (cream, salt), Sugar, Yeast Extract (yeast extract, salt), Spike Seasoning (salt crystals [earth and sea], nutritional yeast, hydrolyzed soy protein [no added msg], mellow toasted onion, onion powder, orange powder, soy granules, celery leaf powder, celery root powder, garlic powder, dill, kelp, Indian curry, horseradish, ripe white pepper, orange and lemon peel, summer savory, mustard flour, sweet green and red bell peppers, parsley	190	9g	3.5g	750mg	24g
	Fiber:	Sugar:	Protein:	Iron:	Vitamin D:
	2g	3g	4g	6%	0%
Chicken & Dumplings Soup (910131)	Cal:	Total Fat:	Sat. Fat:	Sodium:	Total Carb:
INGREDIENTS: Water, Chicken Stock (water, chicken bones, onions, celery, carrots, sea salt, garlic, parsley, white pepper, thyme, bay leaves, marjoram), Dumplings (durum wheat flour, water, eggs, wheat gluten, salt), Chicken Meat, Carrots, Celery, Canola Oil, Rice Flour, Nonfat Dry Milk, Onions, Corn Starch, Chicken Broth Concentrate (chicken stock, salt, chicken fat, natural flavor, vegetable juice [celery, onion, carrot], lactic acid, xanthan gum), Olive Oil, Sugar, Chicken Fat, Butter (cream, salt), Parsley Flakes, Ground Celery Seeds, Turmeric. Contains Egg, Milk, Wheat.	200	9g	1.5g	550mg	21g
	Fiber:	Sugar:	Protein:	Iron:	Vitamin D:
	1g	4g	8g	6%	0%
Chicken Enchilada with Smoked Paprika Soup (910068) · Gluten Free	Cal:	Total Fat:	Sat. Fat:	Sodium:	Total Carb:
INGREDIENTS: Water, Chicken Meat, Corn, Black Beans (water, black beans, salt), Tomatoes (tomatoes, tomato juice, citric acid, calcium chloride), Light Cream (milk, cream), Green Chile Peppers, Chicken Broth Concentrate (chicken stock, natural flavor, salt, chicken fat), Masa Flour (white corn, trace of lime), Onions, Cheddar Cheese (pasteurized cow's milk, cheese culture, salt, enzymes, annatto), Roasted Red Peppers, Soybean Oil, Tomato Paste, Corn Starch, Vegetable Stock (natural flavor, water, salt, vegetable oils [olive & palm], xanthan gum), Garlic, Jalapeno Peppers, Cumin, Yeast Extract (Baker's Yeast Extract, Salt), Chile Powder, Cilantro, Sea Salt, Turmeric, Smoked Paprika. Contains: Milk	220	10g	3.5g	960mg	21g
	Fiber:	Sugar:	Protein:	Iron:	Vitamin D:
	5g	3g	13g	10%	0%
Chicken Gumbo Soup (910130) · Gluten Free · Dairy Free	Cal:	Total Fat:	Sat. Fat:	Sodium:	Total Carb:
INGREDIENTS: Water, Chicken Meat, Onions, Celery, Tomato Paste (tomatoes), White Rice, Green Peppers, Okra, Rice Flour, Canola Oil, Red Bell Pepper, Chicken Broth Concentrate (chicken stock, natural flavor, salt, chicken fat), Sea Salt, Sugar, Cajun Seasoning (garlic, salt, onion, paprika, oregano, white pepper, red pepper, spice), Yeast Extract (yeast extract, salt), Corn Starch, Gumbo File, Citric Acid, Basil, Mexican Oregano, Dried Thyme.	140	4.5g	0g	880mg	19g
	Fiber:	Sugar:	Protein:	Iron:	Vitamin D:
	1g	4g	6g	6%	0%
Chicken with Wild Rice Soup (910129) · Gluten Free	Cal:	Total Fat:	Sat. Fat:	Sodium:	Total Carb:
INGREDIENTS: Water, Chicken Stock (water, chicken bones, onions, celery, carrots, sea salt, garlic, parsley, white pepper, thyme, bay leaves, marjoram), Wild Rice, Chicken Meat, White Rice, Carrots, Heavy Cream, Corn Starch, Celery, Canola Oil, Sea Salt, Sugar, Chicken Broth Concentrate (chicken stock, salt, chicken fat, natural flavor, vegetable juice [celery, onion, carrot], lactic acid, xanthan gum), Nonfat Dry Milk, Butter (cream, salt), Onion Powder, Yeast Extract (yeast extract, salt), White Pepper,	160	5g	2g	750mg	22g
	Fiber:	Sugar:	Protein:	Iron:	Vitamin D:
	1g	2g	6g	6%	0%
Cream of Broccoli with Cheese Soup (910127) · Gluten Free	Cal:	Total Fat:	Sat. Fat:	Sodium:	Total Carb:
INGREDIENTS: Water, Broccoli, Whole Milk (milk, vitamin D3), Cheddar Cheese (pasteurized milk, cheese cultures, salt, enzymes, annatto vegetable color, corn starch[anti-caking agent]), Heavy Cream, Cream Cheese (pasteurized milk and cream, cheese cultures, salt, stabilizers [carob bean, xanthan and guar gums]), Pasteurized Process Cheese Spread (milk, water, skim milk, whey, sodium phosphate, whey protein concentrate, cream, cheese culture, color, enzymes salt), Corn Starch, Onions, Chicken Broth Concentrate (chicken stock, natural flavor, salt, chicken fat), Sugar, Sea Salt, Granulated Garlic, Mustard Flour, Ground Celery Seeds, White Pepper, Coriander, Annatto Extract (canola oil, annatto seed [for color]). Contains Milk	150	8g	5g	580mg	12g
	Fiber:	Sugar:	Protein:	Iron:	Vitamin D:
	2g	4g	5g	6%	0%
Creamy Tomato Basil Soup (910125) · Vegetarian · Gluten Free	Cal:	Total Fat:	Sat. Fat:	Sodium:	Total Carb:
INGREDIENTS: Water, Diced Tomatoes in Juice (diced tomatoes, tomato juice, citric acid, calcium chloride), Tomato Paste (tomatoes), Ground Tomatoes (tomatoes, salt, citric acid), Heavy Cream, Roasted Onion Puree (roasted onions, water), Corn Starch, Grated Parmesan Cheese (parmesan cheese [milk, cheese cultures, salt, enzymes], powdered cellulose), Sugar, Butter (cream, salt), Sea Salt, Vegan Broth Concentrate (natural flavor, water, salt, vegetable oils [olive & palm], xanthan gum), Basil, Dried Basil. Contains Milk.	140	8g	5g	650mg	15g
	Fiber:	Sugar:	Protein:	Iron:	Vitamin D:
	2g	8g	3g	6%	6%
Fiesta Tortilla with Chicken Soup (910124) · Gluten Free	Cal:	Total Fat:	Sat. Fat:	Sodium:	Total Carb:
INGREDIENTS: Water, Diced Tomatoes (tomatoes, tomato juice, citric acid, calcium chloride), Black Beans, Chicken Meat, Corn, Green Peppers, Onions, Red Bell Pepper, Soybean Oil, Corn Starch, Corn Tortilla Chips (corn flour, sunflower and/or safflower oil, sea salt), Tomato Paste (tomatoes), Masa Harina (corn masa flour, trace of lime), Chicken Broth Concentrate (chicken stock, natural flavor, salt, chicken fat), Lime Juice Concentrate (100%), Sea Salt, Cumin, Jalapeno Peppers, Pasteurized Process Cheese Spread (milk, water, skim milk, whey, sodium phosphate, whey protein concentrate, cream, cheese culture, color, enzymes salt),	140	6g	1g	690mg	17g
	Fiber:	Sugar:	Protein:	Iron:	Vitamin D:
	2g	2g	6g	10%	0%
French Onion Soup (910123) · Gluten Free · Dairy Free	Cal:	Total Fat:	Sat. Fat:	Sodium:	Total Carb:
INGREDIENTS: Water, Onions, Yeast Extract (yeast extract, salt), Beef Flavor Broth Concentrate (beef stock, natural flavor, salt, beef fat), Sugar, Sherry Cooking Wine (sherry wine [contains sulfites], salt), Corn Starch, Sea Salt, Soybean Oil, Caramel Color, White Distilled Vinegar, Onion Powder, Garlic Powder.	60	1g	0g	1090mg	12g
	Fiber:	Sugar:	Protein:	Iron:	Vitamin D:
	1g	6g	2g	0%	0%
Garden Vegetable Soup (910122) · Vegan · Vegetarian · Dairy Free · Gluten Free	Cal:	Total Fat:	Sat. Fat:	Sodium:	Total Carb:
INGREDIENTS: Water, Diced Tomatoes (tomatoes, tomato juice, citric acid, calcium chloride), Corn, Carrots, Peas, Celery, Green Beans, Tomato Paste (tomatoes, citric acid), Corn Starch, Onions, Potatoes, Sea Salt, Sugar, Dried Marjoram, Garlic Powder, Vegetable Broth (vegetable juices [tomato, mushroom, onion, carrot, celery], salt, natural flavor), Onion Powder, Basil, Mushroom Broth Concentrate (mushroom juice, natural flavor, salt), Celery Salt (salt, celery seed ground), Garlic, Red Pepper Flakes.	80	0g	0g	1190mg	16g
	Fiber:	Sugar:	Protein:	Iron:	Vitamin D:
	3g	4g	2g	6%	0%
Homestyle Beef Soup (910120) · Gluten Free · Dairy Free	Cal:	Total Fat:	Sat. Fat:	Sodium:	Total Carb:
INGREDIENTS: Water, Angus Beef, Carrots, Potatoes, Onions, Rice Flour, Celery, Soybean Oil, Beef Flavor Broth Concentrate (beef stock, natural flavor, salt, beef fat), Corn Starch, Tomato Paste (tomatoes), Vegan Broth Concentrate (natural flavor, water, salt, vegetable oils [olive & palm], xanthan gum), Sea Salt, Sugar, Black Pepper, Ground Thyme.	180	8g	2g	750mg	19g
	Fiber:	Sugar:	Protein:	Iron:	Vitamin D:
	2g	3g	8g	6%	0%

SOUP SUPREME

Frozen Nutritional Information

Homestyle Chicken Noodle Soup (910119) · Dairy Free	Cal:	Total Fat:	Sat. Fat:	Sodium:	Total Carb:
INGREDIENTS: Water, Enriched Egg Noodles (water, enriched wheat flour [wheat flour, malted barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid], eggs, salt), Chicken Meat, Carrots, Celery, Onions, Chicken Broth Concentrate (chicken stock, salt, chicken fat, natural flavor, vegetable juice concentrate[celery, onion, carrot], lactic acid, xanthan gum), Sea Salt, Sugar, Canola Oil, Yeast Extract (yeast extract, salt), Sage. Contains Egg, Wheat.	60	1.5g	0g	740mg	7g
	Fiber:	Sugar:	Protein:	Iron:	Vitamin D:
	0g	2g	5g	6%	0%
Italian Style Wedding Soup with Meatballs (910118)	Cal:	Total Fat:	Sat. Fat:	Sodium:	Total Carb:
INGREDIENTS: Water, Chicken Stock (water, chicken bones, 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 [pasteurized sheep's and/or cow's milk, rennet, salt, cheese cultures, enzymes], dehydrated onion, cane sugar, salt, natural flavors), Acini di Pepe Pasta (semolina [wheat], egg whites), Spinach, Carrots, Corn Starch, Chicken Broth Concentrate (chicken stock, salt, chicken fat, natural flavor, vegetable juice concentrate[celery, onion, carrot], lactic acid, xanthan gum), Sugar, Butter (cream, salt), Garlic	130	4.5g	2g	660mg	17g
	Fiber:	Sugar:	Protein:	Iron:	Vitamin D:
	1g	2g	5g	6%	0%
Minestrone Soup (910117) · Dairy Free	Cal:	Total Fat:	Sat. Fat:	Sodium:	Total Carb:
INGREDIENTS: Water, Diced Tomatoes in Juice (diced tomatoes, tomato juice, citric acid, calcium chloride), Medium Shell Pasta (durum wheat semolina, niacin, folic acid, ferrous sulphate, riboflavin, thiamine mononitrate), Onions, Carrots, Red Kidney Beans (kidney beans, water, sugar, corn syrup, salt, natural flavor, onion powder, calcium chloride, disodium EDTA), Green Cabbage, Zucchini, Corn, Celery, Ground Tomatoes (tomatoes, salt, citric acid), Tomato Paste (tomatoes), Vegetable Broth (vegetable juices	90	0g	0g	480mg	18g
	Fiber:	Sugar:	Protein:	Iron:	Vitamin D:
	2g	4g	3g	6%	0%
New England Clam Chowder (910116) · Gluten Free	Cal:	Total Fat:	Sat. Fat:	Sodium:	Total Carb:
INGREDIENTS: Water, Sea Clams (sea clams, sea clam juice, salt, sodium tripolyphosphate, calcium disodium EDTA), Potatoes, Whole Milk (milk, vitamin D3), Rice Flour, Heavy Cream, Celery, Rice Starch, Sea Salt, Clam Concentrate (concentrated clam broth, salt), Pork Fat, Canola Oil, Uncured Bacon with no nitrites or nitrates added (pork, sea salt, cane sugar), Roasted Garlic, Onion Powder, White Pepper, Parsley Flakes. Contains Milk, Shellfish (clam).	170	4.5g	2g	780mg	25g
	Fiber:	Sugar:	Protein:	Iron:	Vitamin D:
	1g	2g	6g	6%	6%
Pasta Fagioli Soup with Sausage (910115) · Dairy Free	Cal:	Total Fat:	Sat. Fat:	Sodium:	Total Carb:
INGREDIENTS: Water, Red Kidney Beans, Diced Tomatoes (tomatoes, tomato juice, salt, citric acid), White Navy Beans, Cooked Pork Chunks (pork, water, textured vegetable protein[soy flour, soy protein concentrate, isolated soy protein, caramel color], seasoning[sugar, spices], salt, sodium phosphates), Ditalini Pasta (semolina, egg whites), Tomato Paste (tomatoes), Onions, Carrots, Celery, Vegetable Broth (vegetable juices [tomato, mushroom, onion, carrot, celery], salt, natural flavor), Chicken Broth	130	3.5g	1g	560mg	21g
	Fiber:	Sugar:	Protein:	Iron:	Vitamin D:
	6g	4g	7g	10%	0%
Potato with Uncured Bacon Soup (910135) · Gluten Free	Cal:	Total Fat:	Sat. Fat:	Sodium:	Total Carb:
INGREDIENTS: Whole Milk (milk, vitamin D3), Water, Potatoes, Carrots, Uncured Bacon* (pork, sea salt, cane sugar), Celery, Corn Starch, Sea Salt, Sugar, Smoked Pork Broth Concentrate (pork stock, natural flavor, salt, xanthan gum), Onion Powder, Hickory Smoke Flavor (purified natural wood smoke, water), White Pepper, Parsley Flakes. *No nitrites or nitrates added except those naturally occurring in sea salt. Contains Milk.	210	8g	4g	1030mg	25g
	Fiber:	Sugar:	Protein:	Iron:	Vitamin D:
	1g	7g	9g	6%	0%
Savory Bean & Uncured Ham Soup (910069) · Gluten Free	Cal:	Total Fat:	Sat. Fat:	Sodium:	Total Carb:
INGREDIENTS: Water, White Beans (water, great northern beans, salt), Uncured Ham (No Nitrates/Nitrites added other than those naturally occurring nitrates in celery powder) (Pork, Water, Vinegar, Brown Sugar, Less than 2% of: Salt, Sugar, Dehydrated Bell Peppers, Extractive of Paprika, Natural Flavors, Celery Powder), Onions, Carrots, Celery, Smoked Pork Broth Concentrate (pork stock, natural flavor, Smoke Flavor, salt, xanthan gum), Garlic, Olive Oil, Corn Starch, Chicken Broth Concentrate (chicken	190	4g	1g	960mg	25g
	Fiber:	Sugar:	Protein:	Iron:	Vitamin D:
	10g	3g	15g	10%	0%
Split Pea with Uncured Ham Soup (910114) · Gluten Free · Dairy Free	Cal:	Total Fat:	Sat. Fat:	Sodium:	Total Carb:
INGREDIENTS: Water, Split Peas, Uncured Diced Ham, *no nitrates or nitrites added except for those naturally occurring in celery (pork, water, vinegar, brown sugar, salt, sugar, dehydrated bell peppers, extractive of paprika, natural flavors, celery powder), Carrots, Corn Starch, Sea Salt, Rice Starch, Pork Fat, Sugar, Pork Flavor Broth Concentrate (pork stock, salt, natural flavor, yeast extract, sugar), Yeast Extract (yeast extract, salt), Onion Powder, Garlic Powder, Parsley Flakes, Turmeric (for color and spices).	110	2g	0.5g	1060mg	17g
	Fiber:	Sugar:	Protein:	Iron:	Vitamin D:
	3g	4g	6g	6%	0%
Vegetable Beef with Barley Soup (910112) · Dairy Free	Cal:	Total Fat:	Sat. Fat:	Sodium:	Total Carb:
INGREDIENTS: Water, Diced Tomatoes (tomatoes, tomato juice, salt, citric acid), Angus Beef, Carrots, Potatoes, Celery, Corn, Barley, Green Beans, Peas, Ground Tomatoes (tomatoes, salt, citric acid), Beef Flavor Broth Concentrate (beef stock, natural flavor, salt, beef fat), Corn Starch, Rice Starch, Sea Salt, Onions, Citric Acid.	90	1.5g	0.5g	680mg	15g
	Fiber:	Sugar:	Protein:	Iron:	Vitamin D:
	2g	2g	4g	6%	0%