

# Restaurant Foods Nutrition Facts

| Soups                                   | Serving Size | Calories | Total Fat (g) | Total Fat (%DV) | Saturated Fat (g) | Saturated Fat (%DV) | Trans Fat (g) | Cholesterol (mg) | Cholesterol (%DV) | Sodium (mg) | Sodium (%DV) | Total Carbohydrates (g) | Total Carbohydrates (%DV) | Dietary Fiber (g) | Dietary Fiber (%DV) | Sugar (g) | Added Sugar (g) | Added Sugar (%DV) | Protein (g) | Vitamin D (%DV) | Calcium (%DV) | Iron (%DV) | Potassium (%DV) |
|---|--------------|----------|---------------|-----------------|-------------------|---------------------|---------------|------------------|-------------------|-------------|--------------|-------------------------|---------------------------|-------------------|---------------------|-----------|-----------------|-------------------|-------------|-----------------|---------------|------------|-----------------|
| Beef & Bean Chili                       | 8 oz (227g)  | 250      | 13            | 17              | 4.5               | 23                  | 1             | 40               | 13                | 790         | 34           | 16                      | 6                         | 3                 | 11                  | 5         | 0               | 0                 | 16          | 0               | 6             | 15         | 10              |
| Broccoli Cheddar Soup                   | 8 oz (227g)  | 260      | 18            | 23              | 11                | 55                  | 0             | 55               | 18                | 960         | 42           | 13                      | 5                         | 2                 | 7                   | 8         | 0               | 0                 | 10          | 6               | 25            | 6          | 8               |
| Buffalo Chicken Chowder                 | 8 oz (227g)  | 230      | 16            | 21              | 9                 | 45                  | 0             | 60               | 20                | 1000        | 43           | 11                      | 4                         | 2                 | 7                   | 4         | 0               | 0                 | 11          | 0               | 8             | 6          | 6               |
| Chicken Noodle Soup                     | 8 oz (227g)  | 110      | 3             | 3               | 0.5               | 3                   | 0             | 30               | 10                | 760         | 33           | 11                      | 4                         | 1                 | 4                   | 1         | 0               | 0                 | 10          | 0               | 2             | 6          | 4               |
| Italian Wedding Soup                    | 8 oz (227g)  | 130      | 6             | 8               | 2                 | 11                  | 0             | 25               | 8                 | 780         | 34           | 13                      | 5                         | 1                 | 4                   | 1         | 1               | 2                 | 6           | 0               | 4             | 6          | 4               |
| Lobster Bisque                          | 8 oz (227g)  | 240      | 19            | 24              | 12                | 58                  | 0.5           | 85               | 28                | 860         | 37           | 12                      | 4                         | 0                 | 2                   | 4         | 1               | 2                 | 4           | 4               | 4             | 2          | 4               |
| Mushroom Soup                           | 8 oz (227g)  | 70       | 4             | 5               | 1.5               | 8                   | 0             | 10               | 3                 | 800         | 35           | 6                       | 2                         | 2                 | 5                   | 2         | 0               | 0                 | 2           | 4               | 2             | 2          | 6               |
| New England Clam Chowder                | 8 oz (227g)  | 240      | 17            | 22              | 10                | 50                  | 0.5           | 70               | 23                | 770         | 33           | 14                      | 5                         | 1                 | 4                   | 4         | 0               | 0                 | 8           | 0               | 8             | 6          | 6               |
| OMG! Tomato                             | 8 oz (227g)  | 130      | 6             | 8               | 3                 | 15                  | 0             | 15               | 5                 | 910         | 40           | 14                      | 5                         | 3                 | 11                  | 10        | 1               | 2                 | 4           | 6               | 4             | 6          | 15              |
| Organic Spicy Red Lentil Chili          | 8 oz (227g)  | 140      | 3             | 3               | 0                 | 0                   | 0             | 0                | 0                 | 720         | 31           | 22                      | 8                         | 4                 | 14                  | 3         | 1               | 2                 | 7           | 0               | 2             | 10         | 8               |
| Turkey & Bean Chili                     | 8 oz (227g)  | 200      | 9             | 12              | 2.5               | 13                  | 0             | 55               | 18                | 810         | 35           | 17                      | 6                         | 3                 | 11                  | 5         | 0               | 0                 | 15          | 0               | 6             | 15         | 2               |
| Tuscan Lasagna Soup with Turkey Sausage | 8 oz (227g)  | 170      | 8             | 10              | 3                 | 15                  | 0             | 30               | 10                | 770         | 33           | 15                      | 5                         | -                 | -                   | 4         | -               | -                 | 10          | -               | 8             | 6          | -               |

Have questions or comments? Call Wegmans Consumer Care Center:  
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\*\*\* Nutrient not required per USDA Regulation.