

NUTRITIONAL VALUE CHART

OLIVER'S SOUPS & CHILI

		CAL.	PROTEIN	FAT	CARBS	FIBER	SUGAR	SODIUM	SAT.FAT.	CHOL
ITEM	AMOUNT	(kcal)	(g)	(g)	(g)	(g)	(g)	(mg)	(g)	(mg)
BEAN SOUP	12 OZ.	70	6.15	0.1	20.24	9.14	2.79	636.04	0	0
BEEF BARLEY & MUSHROOM	12 OZ.	342	17	10	13.5	3	1.5	2457.35	3.3	44.5
BEEF & CABBAGE	12 OZ.	408.5	20.2	10.3	24.2	7.8	8	1281.8	3.3	45.8
BROCOLLI CHEDDAR SOUP	12 OZ.	305	3.6	23	19.5	0.88	4	904	7.9	21.3
CHICKEN GUMBO SOUP	12 OZ.	147.5	9	6.5	18.82	2.97	5.8	698	1.15	13
CHICKEN NOODLE SOUP	12 OZ.	112	8.83	1.19	16	1.2	3	1136	0.35	40
CHICKEN TORTILLA SOUP	12 OZ.	87	8	0.52	13.38	1.5	4.73	948	1	16.5
CHILI	12 OZ.	348	18	9.8	24.7	11	6.5	1014	3	43
CORN CHOWDER	12 OZ.	225.4	3.8	10.3	32	1	5.4	1009.3	4	5.4
CREAM OF CHICKEN W/ RICE	12 OZ.	314	12.5	13	36.5	1.19	1.71	884.3	25.8	23.03
FRENCH ONION SOUP	12 OZ.	74	0.75	0.7	12	1	5	1606	0	0
HOT AND SOUR SOUP	12 OZ.	162.5	19.5	3	10.8	0.22	3	1105.6	1	49
LENTIL SOUP	12 OZ.	62.67	3.9	0.4	16.5	5.4	3.5	701.4	0.02	2.8
MAN. CLAM CHOWDER	12 OZ.	96.24	4.75	0.14	17	1.95	5.16	866.24	0	5
MINERSTRONE	12 OZ.	189	6.9	5.5	27.65	7.4	5.9	2633.8	1.92	7.4
NEW ENG. CLAM CHOWDER	12 OZ.	224	7	10.25	23	0.72	1.5	561.7	4.7	14.7
POTATO SOUP	12 OZ.	107	1.1	7.18	16	0.26	3.44	317	2	3.26
PORTABELLA MUSHROOM	12 OZ.	292	3	22	17	0.8	3.6	1201.6	6	5.5
SAUSAGE BEAN & BARLEY	12 OZ.	142	7.4	4.3	22.3	6	3.7	1298	1	21
TOMATO DILL SOUP	12 OZ.	258.5	2	9.28	36.2	1.3	26	1882.7	4.3	5.3
VEGETABLE SOUP	12 OZ.	52.5	1.23	0.16	11.09	1.57	4.15	708	0	0
WHITE CHICKEN CHILI	12 OZ.	94	6	0.25	24	8	3	581	0	2.31