



Amazon Café Nutrition Facts: Soups

Soup Selection
(Based on small,
8 oz. serving)

	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrate	Dietary Fiber	Sugars	Protein
Tomato & Three Cheese	60	20	2g	1.5g	0g	5mg	660mg	7g	3g	4g	4g
Rosemary Chicken Dumpling	80	10	1g	0.5g	0g	15mg	680mg	12g	1g	2g	5g
Three Bean Chili	130	0	0g	0g	0g	5mg	670mg	470mg	28g	8g	9g
Rustic Beef & Mushroom	70	15	1.5g	1g	0g	10mg	640mg	6g	1g	3g	7g
Sweet Pepper & Beef	90	15	1.5g	1g	0g	10mg	680mg	14g	3g	9g	6g
Italian Wedding	130	35	4g	2g	0g	5mg	940mg	16g	1g	2g	6g
Cream of Potato with Bacon	120	30	3.5g	1.5g	0.5g	10mg	910mg	18g	2g	1g	4g
Corn Chowder	110	30	3.5g	1.5g	0.5g	10mg	780mg	19g	1g	2g	3g
Chipotle Black Bean	130	10	1g	0.5g	0g	> 5mg	770mg	21g	8g	2g	8g
New England Clam Chowder	90	20	2g	1g	0g	5mg	690mg	15g	1g	1g	3g
Chicken & Wild Rice	120	25	3g	2g	0g	10mg	1050mg	17g	1g	1g	6g
Hearty Vegetable	70	5	0.5g	0.5g	0g	0mg	860mg	15g	3g	2g	2g
Cream of Broccoli	110	40	4.5g	1.5g	0g	5mg	1190mg	14g	6g	3g	3g
Classic Chicken Noodle	80	20	2g	1g	0g	10mg	1030mg	9g	2g	1g	6g
Chili Con Carne	250	60	7g	3.5g	0g	25mg	820mg	29g	8g	2g	16g
Chicken & Sausage Gumbo	100	30	3g	1g	0g	0mg	710mg	12g	1g	3g	7g
Mushroom Barley	80	15	1.5g	0g	0g	0mg	690mg	14g	2g	3g	2g
Split Pea with Ham	160	40	4.5g	1g	0g	10mg	980mg	22g	8g	2g	9g
Broccoli & Cheese	110	50	6g	2g	0g	5mg	750mg	10g	2g	2g	3g