

UC CAFES SOUPS NUTRITIONAL INFORMATION

All food service nutritional information based on a 1 cup (245g) serving

VARIETY	Calories	Calories from Fat	Total Fat	Sat Fat	Cholesterol	Sodium	Tot Carb	Dietary Fiber	Sugars	Protein	Low Fat	Fat Free	Vegan	Dairy Free
Beef Barley & Vegetable	100	20	2g	1g	15mg	740mg	12g	2g	5g	8g	x			
Beef Stew	190	40	4.5g	1.5g	25mg	830mg	17g	3g	6g	20g				x
Black Bean Soup	220	40	4.5g	1.5g	5mg	500mg	34g	9g	4g	12g				x
Butternut Squash & Apple	180	90	10g	6g	35mg	440mg	18g	3g	8g	4g				
Caribbean Mango (seasonal)	150	25	2.5g		0mg	115mg	34g			1g	x		x	x
Carrot Ginger	120	30	3.5g	0.5g	0mg	500mg	19g	4g	9g	4g			x	x
Chicken & Dumpling	240	80	9g	2.5g	65mg	1030mg	19g	3g	4g	20g				
White Chicken Chili w/Cilantro	250	80	9g	3g	80mg	760mg	23g	4g	6g	20g				
Chicken Noodle	120	20	2g	0.5g	10mg	540mg	14g	2g	4g	11g	x			
Chicken Vegetable w/Rice	80	20	2g	0.5g	20mg	570mg	9g	1g	2g	7g	x			x
Chicken Stew	230	100	11g	2g	70mg	640mg	12g	<1g	3g	28g				x
Chicken Tortellini	130	45	5g	2g	25mg	700mg	12g	1g	2g	8g				
Chicken Tortilla	120	30	3.5g	0g	40mg	900mg	9g	1g	1g	12g				x
Chili w/Beans	230	80	9g	3.5g	50mg	640mg	19g	4g	7g	18g				x
Corn Chowder	210	80	9g	4g	30mg	770mg	27g	2g	6g	5g				
Couch Potato	420	110	12g	4.5g	35mg	1370mg	70g	2g	6g	7g				
Cream of Asparagus	190	120	13g		35mg	740mg	12g			7g				
Cream of Broccoli	240	170	19g	9g	40mg	720mg	9g	2g	3g	9g				
Cream of Crab	290	190	21g		80mg	730mg	15g			11g				
Gazpacho	100	25	3g	0.5g	0mg	440mg	16g	2g	10g	1g	x		x	x
Green Pea w/Herbs & Lemon	240	40	4.5g	.5g	0mg	510mg	38g	14g	7g	13g			x	x
Grilled Chicken & Corn Chowder	250	140	16g	7g	45mg	460mg	18g	2g	4g	8g				
Fish Chowder made w/Haddock	240	130	14g	9g	85mg	590mg	13g	1g	4g	15g				
French Onion	110	35	4g	2.5g	15mg	660mg	11g	2g	7g	7g				
Holiday	300	140	15g	8g	60mg	830mg	22g	1g	6g	18g				
Hungarian Mushroom	170	100	11g	5g	35mg	700mg	11g	1g	4g	6g				
Indian Yellow Split Pea	190	10	1g		0mg	630mg	33g	7g	7g	12g	x		x	x
Italian-Style Wedding Soup w/Meatballs	140	25	3g	1g	25mg	530mg	18g	<1g	3g	9g				
Jambalaya	200	60	7g	2g	50mg	820mg	17g	1g	3g	17g				x
Lentil	300	110	12g	1.5g	0mg	850mg	32g	5g	6g	15g				x
Lobster Bisque - classic	220	140	15g	9g	55mg	850mg	14g	<1g	11g	6g			x	
Lobster Bisque	300	180	20g	12g	75mg	77mg	21g	0g	7g	9g				
Lobster Chowder	260	110	12g	7.5mg	40mg	560mg	22g	1g	3g	15g			x	
Manhattan Clam Chowder	100	10	1.5g	1g	15mg	620mg	14g	2g	5g	9g	x			x
Marinara Sauce	200	130	14g	2g	0mg	1100mg	12g	3g	8g	7g				
Maryland Vegetable Crab	130	30	3.5g	0.5g	30mg	820mg	15g	2g	4g	9g				x
Mediterranean Grilled Eggplant & Zucchini	80	45	5g	1g	0mg	580mg	6g	2g	4g	3g			x	x
Mexican Meatball Soup (Albondigas)	190	120	13g	4.5g	25mg	870mg	9g	2g	4g	10g				x
Minestrone	140	30	3.5g	1.5g	5mg	660mg	20g	2g	6g	7g				x
New England Clam Chowder	330	210	23g	12g	45mg	680mg	19g	2g	4g	12g				
Newport Clam Chowder	200	70	8g	5g	65mg	830mg	19g	1g	4g	13g				
Pan Roasted Chicken & Vegetable	130	25	2.5g	0.5g	45mg	990mg	4g	1g	2g	23g	x			