

Nutrition Facts

DV: Recommended Daily Value

| | Serving Size | Calories | Fat (g) | Saturated fat (g) | Trans fat (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrate (g) | Fibre (g) | Sugars (g) | Protein (g) | %DV Vitamin A | %DV Vitamin C | %DV Calcium | %DV Iron |
|----------------------------------|--------------|----------|---------|-------------------|---------------|------------------|-------------|------------------|-----------|------------|-------------|---------------|---------------|-------------|----------|
| Appetizers and Soups | | | | | | | | | | | | | | | |
| Shrimp Cocktail | | 70 | 0 | 0 | 0 | 55 | 470 | 11 | 1 | 8 | 6 | 6 | 20 | 2 | 10 |
| Grilled Calamari | | 570 | 42 | 18 | 0,5 | 560 | 1310 | 14 | 2 | 1 | 36 | 25 | 45 | 15 | 30 |
| Louisiana Spinach Dip | for 6 | 320 | 20 | 6 | 0,4 | 25 | 490 | 32 | 3 | 2 | 7 | 20 | 2 | 15 | 10 |
| Baton Rouge Chicken Tenders | | 1280 | 94 | 14 | 0,4 | 85 | 1160 | 86 | 11 | 20 | 23 | 6 | 10 | 6 | 25 |
| Cheddar Dip | for 6 | 330 | 21 | 8 | 0,5 | 35 | 550 | 30 | 2 | 3 | 7 | 20 | 2 | 15 | 8 |
| Garlic Cheese Toast | for 6 | 200 | 13 | 5 | 0,3 | 15 | 390 | 15 | 1 | 0 | 7 | 15 | 0 | 10 | 8 |
| Bacon Mushroom Cheddar Soup | | 610 | 50 | 26 | 1 | 155 | 3200 | 17 | 1 | 5 | 22 | 35 | 15 | 15 | 6 |
| Canadian Cheddar Soup | | 260 | 20 | 12 | 0,5 | 60 | 2830 | 12 | 1 | 4 | 8 | 25 | 2 | 20 | 4 |
| Chicken Diablo Soup | | 470 | 37 | 19 | 1 | 170 | 1210 | 7 | 1 | 2 | 27 | 50 | 6 | 8 | 15 |
| Chicken and Leek Soup | | 150 | 6 | 3 | 0,1 | 30 | 2020 | 15 | 2 | 3 | 8 | 6 | 4 | 2 | 6 |
| Chicken Milanese Soup | | 140 | 3,5 | 1 | 0 | 25 | 1050 | 9 | 1 | 1 | 17 | 15 | 8 | 2 | 10 |
| Chicken Primavera Soup | | 200 | 13 | 7 | 0,4 | 60 | 640 | 12 | 1 | 3 | 12 | 15 | 20 | 2 | 4 |
| Chicken Tortilla Soup | | 130 | 7 | 1 | 0 | 5 | 1620 | 14 | 1 | 3 | 3 | 4 | 15 | 2 | 4 |
| Chili Soup | | 140 | 5 | 2 | 0,3 | 25 | 720 | 15 | 1 | 5 | 9 | 10 | 15 | 4 | 10 |
| Corn Chowder | | 290 | 13 | 7 | 0,4 | 40 | 510 | 35 | 3 | 3 | 10 | 10 | 30 | 4 | 10 |
| Cream of Mushroom Artichoke Soup | | 370 | 31 | 19 | 1 | 95 | 940 | 16 | 1 | 2 | 8 | 30 | 6 | 4 | 10 |
| Creamy Potato Soup | | 200 | 12 | 6 | 0,4 | 25 | 1310 | 19 | 2 | 2 | 5 | 10 | 8 | 10 | 4 |
| Cream of Salmon Soup | | 150 | 8 | 3,5 | 0,2 | 25 | 2380 | 16 | 1 | 4 | 4 | 6 | 6 | 2 | 2 |
| Leek Potato Spinach Soup | | 130 | 6 | 3,5 | 0,2 | 15 | 200 | 18 | 2 | 1 | 2 | 25 | 20 | 4 | 8 |

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|------------------------|---------------------|-----------------|----------------|--------------------------|----------------------|-------------------------|--------------------|-------------------------|------------------|-------------------|--------------------|----------------------|----------------------|--------------------|-----------------|
| Lentil Soup | | 170 | 4,5 | 2 | 0,1 | 10 | 1250 | 18 | 8 | 2 | 14 | 20 | 8 | 4 | 20 |
| Manhattan Clam Chowder | | 90 | 3 | 1 | 0 | 10 | 170 | 13 | 2 | 2 | 5 | 15 | 25 | 4 | 15 |
| Mexican Corn Chowder | | 150 | 3 | 0,5 | 0 | 0 | 1900 | 31 | 3 | 11 | 4 | 4 | 15 | 0 | 6 |
| Minestrone Soup | | 120 | 5 | 1 | 0 | 5 | 980 | 10 | 2 | 1 | 9 | 15 | 25 | 4 | 10 |
| Shrimp Bisque | | 550 | 45 | 28 | 1,5 | 235 | 380 | 9 | 1 | 3 | 12 | 60 | 10 | 10 | 15 |
| Vegetable Soup | | 70 | 2,5 | 0,3 | 0 | 0 | 610 | 11 | 2 | 2 | 1 | 35 | 15 | 2 | 6 |

Notes:

the nutrition facts come from laboratory analyses, data provided by suppliers and a database

the %DV is based on the average energy needs of an adult (2,000 cal/day)

fruit may vary depending on the season

drinks are not included

toast: nutrition facts calculated with white bread and margarine