

	Serving Size	Calories	Protein (g)	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol (mg)	Carbs (g)	Sodium (mg)	Fiber (g)
SOUPS										
Baked Stuffed Potato	8 oz.	230	6	13	7	0	40	20	660	1
	12 oz.	350	9	20	10	0	60	29	990	2
	16 oz.	460	12	27	13	0	80	39	1320	3
Black Bean Soup	8 oz.	170	10	1	0	0	0	30	740	17
	12 oz.	260	15	1	0	0	0	46	1100	26
	16 oz.	340	21	2	0	0	0	61	1470	34
Broccoli Cheddar Soup	8 oz.	200	7	14	6	0	35	13	660	1
	12 oz.	300	11	21	10	0	50	20	990	2
	16 oz.	400	15	28	13	0.5*	70	28	1320	3
Carrot Ginger Soup	8 oz.	90	1	3	0	0	0	15	640	2
	12 oz.	140	1	5	0	0	0	22	960	3
	16 oz.	180	2	6	1	0	0	29	1290	5
Chicken and Dumplings	8 oz.	140	7	5	2	0	35	19	850	1
	12 oz.	210	11	7	3	0	50	28	1280	2
	16 oz.	290	14	9	4	0	65	38	1710	3
Chicken Florentine	8 oz.	170	5	8	4	0	25	17	700	1
	12 oz.	250	8	13	6	0	35	21	1050	1
	16 oz.	330	11	17	7	0	50	34	1410	2
Chicken Gumbo	8 oz.	120	4	5	1	0	5	14	590	1
	12 oz.	180	6	8	1	0	10	21	880	2
	16 oz.	240	8	11	2	0	15	28	1170	2
Chicken Noodle	8 oz.	90	6	2	1	0	10	12	700	1
	12 oz.	130	8	3	1	0	15	19	1050	2
	16 oz.	180	11	4	1	0	20	25	1410	2
Clam Chowder	8 oz.	225	6	12	5	0	35	18	680	1
	12 oz.	320	9	18	7	0	55	27	1020	1
	16 oz.	450	13	24	10	0	75	37	1360	2
Corn Chowder	8 oz.	230	6	12	6	0	35	27	750	2
	12 oz.	350	9	18	8	0	50	40	1120	3
	16 oz.	460	12	23	11	0	65	53	1500	4
Corn & Green Chile Bisque	8 oz.	170	4	10	5	0	25	18	1030	2
	12 oz.	260	6	15	7	0	40	27	1540	3
	16 oz.	340	8	20	10	0	55	36	2060	4
Cream of Chicken & Wild Rice	8 oz.	160	4	9	4	0	20	15	650	1
	12 oz.	240	6	14	5	0	35	22	970	1
	16 oz.	320	8	19	7	0	45	30	1300	2
Curried Rice & Lentil	8 oz.	115	5	2	0	0	0	20	840	5
	12 oz.	170	8	2	0	0	0	30	1260	8
	16 oz.	230	11	3	0	0	0	40	1690	11
French Moroccan Tomato Lentil	8 oz.	120	7	2	0	0	0	21	710	7
	12 oz.	190	10	2	0	0	0	32	1060	10
	16 oz.	250	13	3	0	0	0	43	1420	14
French Onion	8 oz.	80	2	3	2	0	10	13	870	1
	12 oz.	130	3	5	3	0	10	19	1310	2
	16 oz.	170	4	6	3	0	15	25	1750	3
Garden Vegetable	8 oz.	50	2	1	0	0	0	9	720	2
	12 oz.	80	3	2	0	0	0	13	1070	3
	16 oz.	100	4	2	0	0	0	18	1430	4
Italian Wedding	8 oz.	110	5	5	2	0	10	13	870	2
	12 oz.	170	8	7	3	0	15	19	1300	3
	16 oz.	220	10	9	4	0	20	25	1740	3

Mediterranean Pepper	8 oz.	110	5	3	0	0	0	17	400	5
	12 oz.	170	7	5	1	0	0	26	590	8
	16 oz.	230	10	6	1	0	0	35	790	10
Old Fashioned Tomato	8 oz.	130	4	5	2	0	10	18	770	2
	12 oz.	200	6	7	3	0	15	27	1150	3
	16 oz.	270	8	10	4	0	15	37	1540	5
Pasta e Fagioli	8 oz.	170	8	5	2	0	5	23	670	6
	12 oz.	260	12	8	2	0	10	35	1010	9
	16 oz.	340	15	11	3	0	10	47	1350	12
Portuguese Kale	8 oz.	80	4	4	1	0	5	10	820	2
	12 oz.	130	5	5	1	0	5	15	1220	4
	16 oz.	170	7	7	2	0	5	20	1630	5
Potato Cheese	8 oz.	170	4	9	6	0	25	16	840	1
	12 oz.	260	7	14	9	0	40	24	1250	2
	16 oz.	340	9	18	11	0	50	33	1670	2
Potato Leek	8 oz.	200	3	13	7	0	40	18	670	1
	12 oz.	300	5	19	10	0	60	28	1000	2
	16 oz.	400	6	25	14	0	80	37	1330	3
Red Beans, Italian Sausage and Rice	8 oz.	180	9	4	1	0	5	27	720	11
	12 oz.	270	14	6	2	0	10	40	1080	17
	16 oz.	360	19	8	3	0	15	54	1450	23
Southwestern Tortilla	8 oz.	130	3	7	2	0	10	15	770	3
	12 oz.	190	4	10	3	0	10	23	1160	4
	16 oz.	260	5	13	4	0	15	31	1550	5
Split Pea Soup with Ham	8 oz.	170	12	1	0	0	5	28	810	10
	12 oz.	250	18	2	0	0	10	41	1220	15
	16 oz.	340	24	2	0	0	10	55	1620	20
Thai Coconut Curry Soup	8 oz.	110	3	5	1	0	5	14	700	1
	12 oz.	160	4	7	2	0	5	21	1050	2
	16 oz.	220	6	9	2	0	5	27	1410	3
Tomato Basil Bisque	8 oz.	140	4	6	4	0	20	18	330	2
	12 oz.	210	7	9	5	0	30	27	500	4
	16 oz.	280	9	12	7	0	40	36	670	5
Tomato Rice	8 oz.	80	2	1	0	0	0	16	190	1
	12 oz.	120	4	1	0	0	0	24	280	2
	16 oz.	160	5	2	0	0	0	32	370	3
Tuscan Vegetable	8 oz.	110	5	4	2	0	5	15	790	2
	12 oz.	170	7	5	2	0	10	23	1190	3
	16 oz.	220	9	7	3	0	15	31	1590	4
Vegetable Beef Barley	8 oz.	90	6	2	1	0	15	14	670	3
	12 oz.	140	9	3	2	0	20	21	1010	4
	16 oz.	190	12	4	2	0	30	28	1340	5
Vegetarian Lentil	8 oz.	120	6	1	0	0	0	20	800	7
	12 oz.	170	9	2	0	0	0	31	1200	11
	16 oz.	230	12	2	0	0	0	41	1610	14
Vegetarian Minestrone	8 oz.	80	3	1	0	0	0	14	750	3
	12 oz.	120	5	2	0	0	0	20	1130	4
	16 oz.	150	6	2	0	0	0	27	1500	6
Wild Mushroom Bisque	8 oz.	120	3	6	2	0	5	15	680	2
	12 oz.	190	5	9	2	0	10	22	1020	2
	16 oz.	250	6	13	3	0	15	30	1360	3

* Trans Fat from natural resources

For more information go to: www.aubonpain.com