

**Ryan's Nutrition Information
Soups**

Menu Item	Serving Size, grams	Calories	Fat, grams	Saturated Fat, grams	Trans Fat, grams	Cholesterol, milligrams	Protein, grams	Carbohydrate, grams	Total Sugars, grams	Fiber, grams	Sodium, milligrams
Chicken Gumbo Soup	123 (4 fl oz. ladle)	50	1.5	0.5	0	5	2	7	1	<1	540
Chicken Noodle Soup	123 (4 fl oz. ladle)	50	1	0	0	10	3	8	1	0	550
Clam Chowder	123 (4 fl oz. ladle)	90	3	1	0.5	10	4	11	2	<1	620
Cream of Broccoli w/ Cheese Soup	123 (4 fl oz. ladle)	70	3	1.5	0	5	3	9	5	<1	500
Cream of Potato Soup	123 (4 fl oz. ladle)	70	3	1	0	2	1	11	2	<1	440
Vegetable Beef Soup	123 (4 fl oz. ladle)	45	0.5	0	0	0	2	8	2	1	500