



# Nutrients in Commonly Served Foods

<b>Meat Soups</b>							
<b>Recipe Name</b>	<b>Serving Size</b>	<b>MSmart</b>	<b>Calories</b>	<b>Fat</b>	<b>Protein</b>	<b>Carbs</b>	<b>Fiber</b>
Beef Barley Soup	1 cup	Y	142	3	10	18	3
Beef Julienne Vegetable Soup	1 cup		124	8	4	8	2
Beef Noodle Soup	1 cup		126	4	9	10	1
Beef Vegetable Soup	1 cup	Y	100	3	11	9	2
Black Bean and Sausage Soup	1 cup		266	14	12	26	6
Chicken Gumbo	1 cup	Y	82	3	7	7	1
Chicken Noodle Soup	1 cup		132	5	9	12	1
Chicken Rice Soup	1 cup	Y	112	2	10	12	1
Chicken Tortellini Soup	1 cup	Y	110	2	6	18	2
Chicken Vegetable Soup	1 cup	Y	98	2	9	10	2
French Onion Soup	1 cup, 2 croutons, 1 t cheese		160	8	7	17	2
Hearty Beef Soup	1 cup		118	6	5	11	2
Hot & Sour Soup	1 cup	Y	100	2	12	6	1
Italian Chicken Soup	1 cup	Y	86	2	4	13	1
Italian Minestrone	1 cup		106	4	6	12	2
Nacho Corn Mexicali Soup	1 cup		310	18	19	19	2
Oriental Chicken Soup	1 cup	Y	82	2	6	5	1
Pennsylvania Dutch Chicken Soup	1 cup	Y	94	3	7	10	1
Split Pea and Ham Soup	1 cup	Y	138	2	8	28	8
Turkey Rice Soup	1cup	Y	98	2	7	11	1

<b>Fish and Seafood Soups</b>							
<b>Recipe Name</b>	<b>Serving Size</b>	<b>MSmart</b>	<b>Calories</b>	<b>Fat</b>	<b>Protein</b>	<b>Carbs</b>	<b>Fiber</b>
New England Clam Chowder	1 cup		181	9	9	16	1
Salmon Chowder	1 cup		248	12	10	24	2
Shrimp and Corn Soup	1 cup	Y	90	2	6	14	2

*Note: Nutrient values are useful guides but must be considered estimates. The nutrient content of a food can vary due to natural factors like soil quality and climate as well as processing and preparation variations.*



# Nutrients in Commonly Served Foods

Vegetarian Soups							
Recipe Name	Serving Size	MSmart	Calories	Fat	Protein	Carbs	Fiber
Broccoli Cheddar Soup	1 cup		177	13	8	8	1
Canadian Cheese Soup	1 cup		256	17	12	17	1
Corn Chowder	1 cup		296	16	8	30	2
Cream of Broccoli	1 cup		172	12	4	13	1
Cream of Mushroom Soup	1 cup		234	15	7	19	1
Cream of Tomato Soup	1 cup	Y	92	3	4	13	0
Hearty Vegetable Chowder	1 cup		190	14	4	13	1
Lemon Carrot Bisque	1 cup	Y	81	5	1	9	1
Mushroom Bisque	1 cup		244	16	6	20	2
Oriental Vegetable Soup	1 cup		36	2	1	8	1
Parmesan Potato Soup	1 cup		292	10	14	30	2
Pepper Pot Soup	1 cup		212	9	8	25	2
Potato Leek Soup	1 cup		244	16	3	22	2
Vegetable Noodle Soup	1 cup		86	1	2	16	2
Vegetarian Minestrone	1 cup		136	2	4	26	4

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# Nutrients in Commonly Served Foods

Vegan Soups							
Recipe Name	Serving Size	MSmart	Calories	Fat	Protein	Carbs	Fiber
Black Bean Soup	1 cup	Y	173	3	9	30	6
Chick Pea Soup	1 cup	Y	126	2	5	22	4
Domburi Broth	1/2 cup		34	0	1	8	0
Lentil Soup	1 cup		150	6	8	18	8
Mushroom Barley	1 cup	Y	86	2	2	17	4
Navy Bean Soup	1 cup	Y	132	3	6	21	6
Potato, Spinach, and Tomato Soup	1 cup	Y	64	2	2	12	2
Ruby Lentil Soup	1 cup	Y	192	3	9	28	9
Southwestern Bean Soup	1 cup		144	8	4	16	4
Spinach Shitake Tofu Soup	1 cup		52	2	3	7	1
Tomato Florentine Soup	1 cup	Y	88	1	2	19	2
Tomato Rice Soup	1 cup	Y	72	1	3	16	1
Tuscan Bean Soup	1 cup	Y	112	2	5	21	6
Vegetable Barley	1 cup	Y	60	0	2	13	2
Vegetable Gumbo	1 cup	Y	74	2	1	13	1
Vegetable Rice	1 cup	Y	63	2	1	9	1
Vegetable Soup	1 cup	Y	72	2	2	12	1

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