

NUTRITION INFORMATION



University Dining Services

UNIVERSITY OF MINNESOTA

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	serving	calories	fat (g)	protein (g)	carbs (g)	fiber (g)	sodium (mg)
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SOUP OPTIONS

Broccoli Cheese	12 oz	135	7.5	4.5	12	1.5	1750
	16 oz	180	10	6	16	2	2300
Cream of Broccoli	12 oz	135	9	4.5	13.5	1.5	1860
	16 oz	180	12	6	18	2	2480
French Onion	12 oz	105	4.5	4.5	12	0	2310
	16 oz	140	6	6	18	2	2480
Chicken Noodle	12 oz	180	5.2	10.5	21	1.5	1335
	16 oz	240	7	14	28	2	1780
Italian Wedding	12 oz	180	7.5	9	18	1.5	1860
	16 oz	240	10	12	24	2	2480
Timberline Chili	12 oz	345	12	22.5	39	12	1335
	16 oz	460	16	30	52	16	1780
Tomato Florentine	12 oz	135	1.5	4.5	25.5	1.5	1590
	16 oz	180	2	6	34	2	2120
Beef and Barley	12 oz	135	4.5	7.5	16.5	3	1560
	16 oz	180	6	10	22	4	2080
Chicken Wild Rice	12 oz	285	18	6	25.5	<1	1380
	16 oz	380	24	8	34	1	1840
Mushroom & Brie Bisque	12 oz	315	21	9	24	1.5	1215
	16 oz	420	28	12	32	2	1620
Vegan Minestrone	12 oz	105	0.7	3	19.5	4.5	1305
	16 oz	140	1	4	26	6	1740
Minestrone	12 oz	120	1.5	4.5	22.5	4.5	1210
	16 oz	160	2	6	30	6	1880
Beer Cheese	12 oz	258	18	6	19.5	1.5	1176
	16 oz	344	24	8	26	2	1568
Chicken Enchilada	12 oz	390	22.5	19.5	28.5	6	1875
	16 oz	520	30	26	38	8	2500
Potato Chowder	12 oz	255	12	7.5	33	1.5	1125
	16 oz	340	16	10	44	2	1500
Turkey Vegetable	12 oz	108	4.5	4.7	12.9	0.8	1359
	16 oz	144	6	6.2	17.2	1	1812
Black Bean & Rice	12 oz	161	1.5	7.5	27	6.2	1650
	16 oz	214	2	10	36	8.2	2200
Tortellini Alfredo	12 oz	390	16.9	20.5	37.5	1.6	2028
	16 oz	520	22.6	27.4	50	2.2	2704



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