



Nutritional Analysis of Au Bon Pain Soups

Au Bon Pain Soup	Serving Size / portion offered	Grams /svg	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Protein (g)	Carbohydrate (g)	Cholesterol (mg)	Sodium (mg)	Dietary Fiber (g)
Baked Stuffed Potato	8 oz	227	235	14	7	0	6	20	40	660	2
	12 oz	340	350	21	10	0	9	30	60	990	2
	16 oz	454	470	28	13	0	12	39	80	1320	3
Broccoli Cheddar Cheese	8 oz	227	205	14	7	0	8	14	35	665	2
	12 oz	340	310	21	10	0	11	20	50	1000	2
	16 oz	454	410	28	13	0	15	27	70	1330	3
Carrot Ginger	8 oz	227	85	3	1	0	5	14	0	610	2
	12 oz	340	130	5	0	0	7	21	0	920	3
	16 oz	454	170	6	1	0	9	28	0	1220	4
Chicken and Dumplings	8 oz	227	145	5	2	0	7	19	35	855	2
	12 oz	340	210	7	3	0	11	28	50	1280	2
	16 oz	454	290	9	4	0	14	38	70	1710	3
Chicken Noodle (Low Fat)	8 oz	227	90	2	1	0	6	13	10	665	1
	12 oz	340	130	3	1	0	9	20	15	1000	2
	16 oz	454	180	4	1	0	12	26	20	1330	2
Corn and Green Chili Bisque	8 oz	227	170	10	5	0	4	2	23	1025	2
	12 oz	340	250	14	7	0	5	29	35	1540	3
	16 oz	454	340	19	9	0	7	3	45	2050	3
Corn Chowder	8 oz	227	230	12	6	0	6	27	33	750	2
	12 oz	340	350	18	8	0	9	40	50	1120	3
	16 oz	454	460	23	11	0	11	53	65	1500	4
Curried Rice and Lentil (Low Fat)	8 oz	227	95	2	0	0	6	20	0	835	6
	12 oz	340	150	2	0	0	9	30	0	1260	8
	16 oz	454	190	3	0	0	11	40	0	1670	11
French Moroccan Tomato Lentil (Low Fat, Gluten Free)	8 oz	227	120	2	0	0	7	22	0	700	6
	12 oz	340	180	2	0	0	10	32	0	1050	8
	16 oz	454	240	3	0	0	14	43	0	1400	11
French Onion	8 oz	227	85	3	2	0	3	13	8	870	2
	12 oz	340	130	5	3	0	4	19	10	1310	2
	16 oz	454	170	6	3	0	5	25	15	1740	3
Garden Vegetable (Low Fat)	8 oz	227	50	1	0	0	2	9	0	670	2
	12 oz	340	80	2	0	0	3	14	0	1010	3
	16 oz	454	100	2	0	0	4	18	0	1340	3
Jamaican Black Bean (Low Fat, Reduced Sodium)	8 oz	227	120	1	0	0	11	31	0	305	17
	12 oz	340	180	1	0	0	16	45	0	460	25
	16 oz	454	240	2	0	0	22	61	0	610	33
Pasta e Fagioli	8 oz	227	160	6	2	0	8	25	3	620	6
	12 oz	340	240	8	2	0	11	36	5	930	9
	16 oz	454	320	11	3	0	15	49	5	1240	12
Portuguese Kale	8 oz	227	80	4	1	0	4	10	3	755	2
	12 oz	340	120	5	1	0	5	15	5	1130	3
	16 oz	454	160	7	2	0	7	20	5	1510	4



BALANCED CHOICES

for a healthy lifestyle

Nutritional Analysis of Au Bon Pain Soups

	Serving Size/ portion offered	Grams /svg	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Protein (g)	Carbohydrate (g)	Cholesterol (mg)	Sodium (mg)	Dietary Fiber (g)
Au Bon Pain Soup											
Potato Cheese	8 oz	227	165	9	6	0	5	17	33	895	1
	12 oz	340	250	14	8	0	7	25	50	1340	2
	16 oz	454	330	18	11	0	9	33	65	1790	2
Potato Leek	8 oz	227	200	13	7	0	4	19	40	665	2
	12 oz	340	300	20	11	0	5	28	60	1000	2
	16 oz	454	400	26	14	0	7	37	80	1330	3
Red Beans, Italian Sausage and Rice	8 oz	227	135	4	1	0	10	26	8	760	11
	12 oz	340	200	5	2	0	15	38	10	1140	16
	16 oz	454	270	7	2	0	19	51	15	1520	22
Southern Black Eyed Pea (Low Fat)	8 oz	227	125	1	1	0	8	21	5	630	8
	12 oz	340	180	2	0	0	12	31	5	950	12
	16 oz	454	250	2	1	0	16	42	10	1260	16
Split Pea with Ham (Low Fat)	8 oz	227	140	1	0	0	12	28	5	795	10
	12 oz	340	210	2	0	0	18	42	5	1190	15
	16 oz	454	280	2	0	0	24	56	10	1590	19
Thai Coconut Curry	8 oz	227	100	5	2	0	3	14	0	765	2
	12 oz	340	150	7	2	0	3	20	0	1150	2
	16 oz	454	200	9	3	0	5	27	0	1530	3
Tomato Basil Bisque (Reduced Sodium)	8 oz	227	140	6	4	0	4	20	18	330	4
	12 oz	340	210	8	5	0	6	29	25	490	5
	16 oz	454	280	11	7	0	8	39	35	660	7
Tomato Florentine (Low Fat)	8 oz	227	80	2	1	0	4	13	5	925	2
	12 oz	340	120	3	1	0	5	19	5	1390	2
	16 oz	454	160	4	1	0	7	25	10	1850	3
Tuscan Vegetable	8 oz	227	115	4	2	0	5	16	5	785	2
	12 oz	340	170	5	2	0	7	24	10	1170	3
	16 oz	454	230	7	3	0	9	32	10	1570	4
Vegetable Beef Barley (Low Fat)	8 oz	227	95	2	1	0	6	14	15	670	3
	12 oz	340	140	3	2	0	9	21	20	1000	4
	16 oz	454	190	4	2	0	12	28	30	1340	5
Vegetarian Chili (Low Fat)	8 oz	227	150	2	0	0	8	27	0	665	7
	12 oz	340	230	3	0	0	12	40	0	1000	11
	16 oz	454	300	3	0	0	16	53	0	1330	14
Vegetarian Minestrone (Low Fat)	8 oz	227	80	1	0	0	3	14	0	745	3
	12 oz	340	120	2	0	0	5	21	0	1120	4
	16 oz	454	160	2	0	0	6	28	0	1490	6
Wild Mushroom Bisque	8 oz	227	125	7	2	0	3	16	8	675	2
	12 oz	340	190	9	2	0	5	23	10	1010	2
	16 oz	454	250	13	3	0	6	31	15	1350	3
Crackers, Oyster	1 pkt	6 g	20	0.5	0	0	0	4	0	95	0
Crackers, Saltine	1 pkt	14g	60	2.5	0.5	1	1	10	0	135	0

Nutrition information for 12 and 16 oz portions provided by Au Bon Pain. Nutrition information for 8 oz. portions calculated by cutting the 16 oz portion in half.

Visit www.aubonpain.com for more information.

Cracker Nutritional Information provided by manufacturer

Items labeled in GREEN are vegetarian.