

## Ingredients & Nutritional Information • Fall 2009

### Angus Steak Chili with Beans (DF)

KC 501

Tomatoes (tomatoes, salt, citric acid), Angus Beef, Onions, Red Chili Beans, Green Peppers, Green Chilies (green chile peppers, water, salt, citric acid), Tomato Paste (tomatoes, citric acid), Spices, Garlic, Pork Fat, Sea Salt, Paprika, Pepper Sauce (vinegar, red pepper, salt).

Cal: 230	Cal from Fat: 60	Total Fat: 7g	Sat Fat: 2.5g	Chol: 50mg
Sodium: 640mg	Total Carb: 23g	Fiber: 7g	Sugars: 7g	Protein: 20g

### Asian Chicken Soup with Noodles (LF, DF)

KC 596

Chicken Stock, Chicken Meat, Egg Noodles (durum flour, eggs, egg whites, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), Onions, Red Peppers, Bok Choy, Mushrooms, Soy Sauce (water, soybeans, wheat, salt), Sea Salt, Fish Sauce (anchovy, salt, sugar), Basil, Lemon Grass, Ginger, Spices, Soybean Oil, Garlic Chili Pepper Sauce (red chili, water, sugar, garlic, vinegar, salt), Sesame Oil. Contains egg, soy, wheat, fish (anchovy) ingredients.

Cal: 100	Cal from Fat: 15	Total Fat: 1.5g	Sat Fat: 0.5g	Chol: 35mg
Sodium: 710mg	Total Carb: 9g	Fiber: 1g	Sugars: 2g	Protein: 13g

### Beef Barley & Vegetable Soup (LF)

KC 402

Beef Stock, Tomato Filets (tomatoes, salt, calcium chloride, citric acid), Angus Beef, Carrots, Onions, Barley, Green Beans, Peas, Celery, Mushrooms, Leeks, Red Peppers, Butter (cream, salt), Sea Salt, Parsley, Garlic, Spices. Contains milk, barley ingredients.

Cal: 110	Cal from Fat: 25	Total Fat: 3g	Sat Fat: 1.5g	Chol: 20mg
Sodium: 810mg	Total Carb: 12g	Fiber: 3g	Sugars: 3g	Protein: 9g

### Beef Stew (DF)

KC 601

Beef Stock, Angus Beef, Potatoes, Onions, Carrots, Celery, Pearl Onions, Peas, Turnips, Wine (contains sulfites), Cornstarch, Sea Salt, Corn Oil, Parsley, Spices.

Cal: 210	Cal from Fat: 60	Total Fat: 6g	Sat Fat: 2g	Chol: 45mg
Sodium: 720mg	Total Carb: 20g	Fiber: 3g	Sugars: 4g	Protein: 17g

### Black Bean Soup (VG, DF)

KC 622

Black Beans, Vegetable Stock, Water, Onions, Carrots, Celery, Olive Oil, Garlic, Rice Starch, Cilantro, Spices, Lime Juice, Sea Salt, Paprika, Sugar, Pepper Sauce (vinegar, red pepper, salt).

Cal: 220	Cal from Fat: 60	Total Fat: 7g	Sat Fat: 1g	Chol: 0mg
Sodium: 540mg	Total Carb: 31g	Fiber: 10g	Sugars: 3g	Protein: 10g

### Buffalo Chicken Soup

KC 308

Chicken Stock, Chicken Meat, Carrots, Celery, Onions, Blue Cheese (pasteurized milk, cheese culture, salt, enzymes, powdered cellulose to prevent caking, natamycin [6-12 ppm] [a natural mold inhibitor]), Butter (cream, salt), Wheat Flour, Garlic, Cider Vinegar, Water, Paprika, Sea Salt, Pepper Sauce (vinegar, red pepper, salt), Rice Starch, Spices. Contains milk, wheat ingredients.

Cal: 260	Cal from Fat: 150	Total Fat: 16g	Sat Fat: 11g	Chol: 70mg
Sodium: 780mg	Total Carb: 15g	Fiber: 2g	Sugars: 3g	Protein: 15g

### Butternut Squash & Apple Soup

KC C17

Butternut Squash, Chicken Stock, Apples, Light Cream (milk, cream), Onions, Butter (cream, salt), Honey, Sherry Wine (contains sulfites), Sea Salt, Chicken Fat, Spices. Contains milk ingredients.

Cal: 180	Cal from Fat: 90	Total Fat: 10g	Sat Fat: 7g	Chol: 35mg
Sodium: 480mg	Total Carb: 21g	Fiber: 3g	Sugars: 11g	Protein: 3g

### Carrot Ginger Soup (VG, DF)

KC 411

Carrots, Water, Orange Juice, Onions, White Rice (long grain parboiled rice, iron phosphate, niacin, thiamine mononitrate, folic acid), Corn Oil, Ginger, Sesame Oil, Soy Sauce (water, soybeans, wheat, salt), Garlic, Sea Salt, Spices. Contains soy, wheat ingredients.

Cal: 120	Cal from Fat: 40	Total Fat: 4.5g	Sat Fat: 0.5g	Chol: 0mg
Sodium: 340mg	Total Carb: 18g	Fiber: 4g	Sugars: 7g	Protein: 2g

### Chicken & Dumpling Soup

KC 740

Chicken Stock, Chicken Meat, Dumplings (water, enriched wheat flour [wheat flour, malted barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid], eggs, enriched durum flour [durum wheat flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid], salt, wheat gluten, oleoresin turmeric), Carrots, Celery, Onions, Chicken Fat, Wheat Flour, Sea Salt, Parsley, Spices. Contains wheat, egg, barley ingredients.

Cal: 240	Cal from Fat: 100	Total Fat: 12g	Sat Fat: 3.5g	Chol: 65mg
Sodium: 750mg	Total Carb: 19g	Fiber: 2g	Sugars: 2g	Protein: 14g

### Chicken Noodle Soup (LF, DF)

KC 701

Chicken Stock, Chicken Meat, Carrots, Celery, Enriched Macaroni (semolina, eggs, egg whites, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), Onions, Sea Salt, Chicken Fat, Spices. Contains wheat, egg ingredients.

Cal: 130	Cal from Fat: 20	Total Fat: 2.5g	Sat Fat: 0.5g	Chol: 35mg
Sodium: 790mg	Total Carb: 16g	Fiber: 2g	Sugars: 2g	Protein: 11g

### Chicken Stew (DF)

KC 715

Chicken Stock, Chicken Meat, Carrots, Potatoes, Celery, Chicken Fat, Peas, Wheat Flour, Onions, Sea Salt, Parsley, Spices. Contains wheat ingredients.

Cal: 240	Cal from Fat: 110	Total Fat: 12g	Sat Fat: 3.5g	Chol: 55mg
Sodium: 620mg	Total Carb: 16g	Fiber: 2g	Sugars: 2g	Protein: 17g

### Chicken Tortellini Soup

KC 406

Chicken Stock, Tortellini (durum flour [wheat flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid], eggs, provolone cheese [pasteurized whole milk, culture, salt, enzymes], ricotta cheese [pasteurized whey, whole milk, cream, vinegar, salt], water, pecorino romano cheese [pasteurized sheep milk, culture, salt, enzymes, whey], mozzarella cheese [pasteurized whole milk, culture, salt, enzymes]), bread crumbs [unbleached wheat flour, evaporated cane juice/sugar, yeast, salt], egg whites powder, parsley, blended oil [olive/canola oil], salt, pepper), Chicken Meat, Celery, Carrots, Onions, Leeks, Spinach, Chicken Fat, Sea Salt, Garlic, Parsley, Spices. Contains wheat, egg, milk ingredients.

Cal: 150	Cal from Fat: 40	Total Fat: 4.5g	Sat Fat: 2g	Chol: 30mg
Sodium: 750mg	Total Carb: 17g	Fiber: 1g	Sugars: 2g	Protein: 12g

### Chicken Tortilla Soup (DF)

KC 775

Chicken Stock, Tomato Filets (tomatoes, salt, calcium chloride, citric acid), Chicken Meat, Sweet Corn, Green Peppers, Onions, Tortilla Chips (white corn flour, canola and/or sunflower oil, salt), Green Chilies (green chile peppers, salt, citric acid), Sea Salt, Corn Oil, Spices, Cilantro, Paprika, Pepper Sauce (vinegar, red pepper, salt), Lime Oil.

Cal: 130	Cal from Fat: 35	Total Fat: 4g	Sat Fat: 0.5g	Chol: 20mg
Sodium: 830mg	Total Carb: 16g	Fiber: 3g	Sugars: 4g	Protein: 10g

### Chicken Vegetable Soup with Rice (LF, DF, GF)

KC 404

Chicken Stock, Chicken Meat, Tomato Filets (tomatoes, salt, calcium chloride, citric acid), Carrots, Zucchini, Onions, Summer Squash, Celery, White Rice (long grain parboiled rice, iron phosphate, niacin, thiamine mononitrate, folic acid), Broccoli, Cauliflower, Green Beans, Yellow Beans, Sweet Corn, Peas, Asparagus, Parsnips, Water, Sea Salt, Chicken Fat, Rice Starch, Parsley, Scallions, Basil, Spices.

Cal: 100	Cal from Fat: 15	Total Fat: 2g	Sat Fat: 0.5g	Chol: 20mg
Sodium: 740mg	Total Carb: 12g	Fiber: 2g	Sugars: 2g	Protein: 9g

### Chipotle Sweet Potato Soup (VG, DF)

KC 421

Vegetable Stock, Sweet Potatoes, Onions, Water, Carrots, Olive Oil, Cilantro, Sesame Oil, Sea Salt, Spices, Rice Starch.

Cal: 150	Cal from Fat: 60	Total Fat: 7g	Sat Fat: 1g	Chol: 0mg
Sodium: 610mg	Total Carb: 21g	Fiber: 3g	Sugars: 8g	Protein: 2g

(GF) Gluten Free (VG) Vegetarian (DF) Dairy Free (LF) Low Fat

Nutritional information based on 1 cup (8oz) serving

## Coconut Curry Chicken Soup (DF)

KC 747

Chicken Stock, Water, Chicken Meat, Brown Rice, Natural Creamed Coconut, Red Peppers, Green Peppers, Onions, Mushrooms, Bamboo Shoots (bamboo shoots, water), Rice Starch, Lemon Grass, Ginger, Scallions, Chicken Fat, Garlic, Sea Salt, Curry Powder, Spices, Sesame Oil, Garlic Chili Pepper Sauce (red chili, water, sugar, garlic, vinegar, salt), Lime Oil.  
Contains coconut ingredients.

Cal: 260	Cal from Fat: 120	Total Fat: 13g	Sat Fat: 10g	Chol: 30mg
Sodium: 480mg	Total Carb: 24g	Fiber: 2g	Sugars: 5g	Protein: 13g

## Corn Chowder

KC 302

Corn (corn, water, sugar, salt), Chicken Stock, Potatoes, Light Cream (milk, cream), Onions, Wheat Flour, Soybean Oil, Celery, Sugar, Sea Salt, Worcestershire Sauce (water, vinegar, molasses, high fructose corn syrup, anchovies, hydrolyzed corn and soy protein, onions, tamarinds, salt, garlic, cloves, chili peppers, natural flavorings, eschalots), Uncured Bacon (pork, water, brown sugar, salt, sodium lactate [from corn source], celery powder, lactic acid starter culture), Spices.  
Contains milk, wheat, fish (anchovy) ingredients.

Cal: 250	Cal from Fat: 100	Total Fat: 11g	Sat Fat: 4g	Chol: 20mg
Sodium: 670mg	Total Carb: 34g	Fiber: 2g	Sugars: 8g	Protein: 6g

## Cream of Broccoli with Monterey Jack

KC 301

Chicken Stock, Broccoli, Light Cream (milk, cream), Water, Onions, Wheat Flour, Chicken Fat, Monterey Jack Cheese (pasteurized milk, cheese culture, salt, enzymes), Butter (cream, salt), Sea Salt, Spices.  
Contains milk, wheat ingredients.

Cal: 250	Cal from Fat: 170	Total Fat: 19g	Sat Fat: 9g	Chol: 40mg
Sodium: 750mg	Total Carb: 14g	Fiber: 2g	Sugars: 3g	Protein: 7g

## Cream of Chicken with Wild Rice

KC 712

Chicken Stock, Chicken Meat, Celery, White & Wild Rice (long grain parboiled rice enriched with iron [ferric orthophosphate], thiamin [thiamine mononitrate] and folate [folic acid]; wild rice), Chicken Fat, Wheat Flour, Light Cream (milk, cream), Carrots, Onions, Mushrooms, White Wine (contains sulfites), Sea Salt, Spices, Lemon Oil.  
Contains milk, wheat ingredients.

Cal: 230	Cal from Fat: 120	Total Fat: 13g	Sat Fat: 4.5g	Chol: 35mg
Sodium: 680mg	Total Carb: 19g	Fiber: 1g	Sugars: 1g	Protein: 10g

## Fish Chowder made with Haddock

KC 104

Fish Stock, Light Cream (milk, cream), Haddock, Potatoes, Onions, Celery, Butter (cream, salt), Wheat Flour, Sea Salt, Garlic, Spices, Pepper Sauce (vinegar, red pepper, salt).  
Contains fish (haddock), milk, wheat ingredients.

Cal: 300	Cal from Fat: 170	Total Fat: 19g	Sat Fat: 12g	Chol: 110mg
Sodium: 580mg	Total Carb: 14g	Fiber: 1g	Sugars: 4g	Protein: 18g

## French Onion Soup

KC 408

Onions, Beef Stock, Butter (cream, salt), Brandy (contains sulfites), Garlic, Sea Salt, Spices, Pepper Sauce (vinegar, red pepper, salt).  
Contains milk ingredients.

Cal: 170	Cal from Fat: 70	Total Fat: 8g	Sat Fat: 6g	Chol: 25mg
Sodium: 710mg	Total Carb: 18g	Fiber: 2g	Sugars: 8g	Protein: 5g

## Grilled Chicken & Corn Chowder

KC C23

Corn (corn, water, sugar, salt), Chicken Stock, Grilled Chicken (chicken, water, seasoning [salt, dehydrated garlic, spices, paprika], corn oil, rice starch) Potatoes, Green Peppers, Red Peppers, Light Cream (milk, cream), Onions, Wheat Flour, Chicken Fat, Soybean Oil, Celery, Sea Salt, Sugar, Worcestershire Sauce (water, vinegar, molasses, high fructose corn syrup, anchovies, hydrolyzed corn and soy protein, onions, tamarinds, salt, garlic, cloves, chili peppers, natural flavorings, eschalots), Uncured Bacon (pork, water, brown sugar, salt, sodium lactate [from corn source], celery powder, lactic acid starter culture), Spices.  
Contains soy, milk, wheat, fish (anchovy) ingredients.

Cal: 270	Cal from Fat: 120	Total Fat: 13g	Sat Fat: 4g	Chol: 45mg
Sodium: 710mg	Total Carb: 27g	Fiber: 2g	Sugars: 7g	Protein: 13g

## Hungarian Mushroom Soup

KC 303

Beef Stock, Mushrooms, Light Cream (milk, cream), Onions, Wheat Flour, Carrots, Madeira Wine (contains sulfites), Soybean Oil, Sour Cream (cultured pasteurized light cream, nonfat milk, enzymes), Butter (cream, salt), Sea Salt, Paprika, Spices.  
Contains milk, wheat ingredients.

Cal: 190	Cal from Fat: 120	Total Fat: 13g	Sat Fat: 5g	Chol: 30mg
Sodium: 760mg	Total Carb: 12g	Fiber: 2g	Sugars: 3g	Protein: 6g

## Italian Wedding Soup with Meatballs

KC 415

Chicken Stock, Meatballs (beef, water, bread crumbs [wheat flour, water, salt, yeast], imported romano cheese [pasteurized sheep's milk, culture, salt, rennet], liquid egg whites, salt, dried garlic, spices, parsley, brown sugar, rosemary extract), Enriched Macaroni (semolina, egg whites, niacin, ferrous sulfate, thiamin mononitrate, riboflavin, folic acid), Spinach, Onions, Sea Salt, Garlic, Spices, Olive Oil.  
Contains milk, egg, wheat ingredients.

Cal: 180	Cal from Fat: 60	Total Fat: 7g	Sat Fat: 3g	Chol: 20mg
Sodium: 810mg	Total Carb: 17g	Fiber: 1g	Sugars: 2g	Protein: 12g

## Kale Soup with Linguça Sausage

KC C20

Chicken Stock, Kidney Beans, Kale, Potatoes, Onions, Linguça Sausage (pork, water, vinegar, nonfat dry milk, salt, paprika, spices, garlic, sodium nitrite), Olive Oil, Garlic, Sea Salt, Spices, Paprika, Pepper Sauce (vinegar, red pepper, salt).  
Contains milk ingredients.

Cal: 200	Cal from Fat: 80	Total Fat: 10g	Sat Fat: 2g	Chol: 10mg
Sodium: 610mg	Total Carb: 19g	Fiber: 4g	Sugars: 1g	Protein: 10g

## Lentil Soup (VG, DF)

KC 409

Water, Lentil Beans, Carrots, Onions, Olive Oil, Turnips, Celery, Tomato Paste (tomatoes, citric acid), Rice Flour, Soybean Oil, Balsamic Vinegar (contains sulfites), Sea Salt, Garlic, Spices, Paprika, Parsley.

Cal: 290	Cal from Fat: 110	Total Fat: 13g	Sat Fat: 1.5g	Chol: 0mg
Sodium: 650mg	Total Carb: 37g	Fiber: 9g	Sugars: 4g	Protein: 11g

## Loaded Potato Soup

KC 327

Potatoes, Chicken Stock, Beef Stock, Water, Cheddar Cheese (pasteurized milk, cheese cultures, salt, enzymes, annatto), Light Cream (milk, cream), Leeks, American Cheese (cultured pasteurized milk and skim milk, cream, whey, butterfat, milk protein concentrate, salt, contains less than 2% of sodium phosphate, acetic acid, lactic acid, enzymes), Celery, Uncured Bacon (pork, water, brown sugar, salt, sodium lactate [from corn source], celery powder, lactic acid starter culture), Onions, Rice Starch, Scallions, Garlic, Sea Salt, Spices.  
Contains milk ingredients.

Cal: 280	Cal from Fat: 140	Total Fat: 16g	Sat Fat: 10g	Chol: 50mg
Sodium: 710mg	Total Carb: 22g	Fiber: 2g	Sugars: 2g	Protein: 14g

## Lobster Bisque

KC 110

Chicken Stock, Light Cream (milk, cream), Sherry Wine (contains sulfites), Butter (cream, salt), Wheat Flour, Water, Lobster Stock (lobster, salt, codfish), Lobster Meat, Rice Starch, Tomato Puree (tomatoes, salt, citric acid), Sugar, Sea Salt, Clam Broth (dehydrated clam broth, maltodextrin), Spices.  
Contains milk, wheat, lobster, fish, clam ingredients.

Cal: 270	Cal from Fat: 150	Total Fat: 17g	Sat Fat: 11g	Chol: 105mg
Sodium: 1020mg	Total Carb: 19g	Fiber: 0g	Sugars: 6g	Protein: 8g

## Manhattan Clam Chowder (LF, DF)

KC 202

Tomato Filets (tomatoes, salt, calcium chloride, citric acid), Clam Meat, Fish Stock, Potatoes, Water, Tomato Paste (tomatoes, citric acid), Celery, Onions, Scallions, Olive Oil, Clam Broth (dehydrated clam broth, maltodextrin), Garlic, Parsley, Sea Salt, Spices, Pepper Sauce (vinegar, red pepper, salt).  
Contains clam, fish ingredients.

Cal: 130	Cal from Fat: 25	Total Fat: 3g	Sat Fat: 0g	Chol: 20mg
Sodium: 680mg	Total Carb: 17g	Fiber: 2g	Sugars: 4g	Protein: 10g

## Maryland Vegetable Crab Soup (DF)

KC 204

Water, Potatoes, Crab Meat, Tomato Filets (tomatoes, salt, calcium chloride, citric acid), Onions, Savoy Cabbage, Sweet Corn, Zucchini, Carrots, Celery, Corn Oil, Cornstarch, Sea Salt, Spices, Pepper Sauce (vinegar, red pepper, salt).  
Contains crab ingredients.

Cal: 140	Cal from Fat: 40	Total Fat: 4.5g	Sat Fat: 0.5g	Chol: 30mg
Sodium: 920mg	Total Carb: 16g	Fiber: 2g	Sugars: 3g	Protein: 9g

(GF) Gluten Free    (VG) Vegetarian    (DF) Dairy Free    (LF) Low Fat

Nutritional information based on 1 cup (8oz) serving

## Mediterranean Grilled Eggplant & Zucchini (VG, DF) KC C18

Tomato Filets (tomatoes, salt, calcium chloride, citric acid), Water, Eggplant, Zucchini, Summer Squash, Green Peppers, Onions, Olive Oil, Sea Salt, Celery, Cornstarch, Parsley, Garlic, Spices, Paprika, Pepper Sauce (vinegar, red pepper, salt).

<b>Cal: 90</b>	<b>Cal from Fat: 40</b>	<b>Total Fat: 4.5g</b>	<b>Sat Fat: 0.5g</b>	<b>Chol: 0mg</b>
<b>Sodium: 600mg</b>	<b>Total Carb: 11g</b>	<b>Fiber: 3g</b>	<b>Sugars: 6g</b>	<b>Protein: 2g</b>

## Minestrone (VG, DF) KC 401

Vegetable Stock, White Beans, Water, Tomato Paste (tomatoes, citric acid), Diced Tomatoes in Juice (tomatoes, tomato juice, salt, calcium chloride, citric acid), Savoy Cabbage, Potatoes, Onions, Ditalini (semolina, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), Broccoli, Carrots, Cauliflower, Zucchini, Summer Squash, Olive Oil, Celery, Sea Salt, Garlic, Parsley, Basil, Spices, Paprika. Contains wheat ingredients.

<b>Cal: 150</b>	<b>Cal from Fat: 30</b>	<b>Total Fat: 3.5g</b>	<b>Sat Fat: 0.5g</b>	<b>Chol: 0mg</b>
<b>Sodium: 650mg</b>	<b>Total Carb: 25g</b>	<b>Fiber: 5g</b>	<b>Sugars: 5g</b>	<b>Protein: 7g</b>

## New England Clam Chowder KC 101

Light Cream (milk, cream), Clam Meat, Potatoes, Fish Stock, Onions, Wheat Flour, Soybean Oil, Butter (cream, salt), Clam Broth (dehydrated clam broth, maltodextrin), Sea Salt, Celery, Salt Pork (cured with salt and water), Spices, Worcestershire Sauce (water, vinegar, molasses, high fructose corn syrup, anchovies, hydrolyzed corn and soy protein, onions, tamarinds, salt, garlic, cloves, chili peppers, natural flavorings, eschalots), Garlic. Contains milk, wheat, clam, fish (anchovy), soy ingredients.

<b>Cal: 350</b>	<b>Cal from Fat: 220</b>	<b>Total Fat: 24g</b>	<b>Sat Fat: 13g</b>	<b>Chol: 90mg</b>
<b>Sodium: 700mg</b>	<b>Total Carb: 21g</b>	<b>Fiber: 1g</b>	<b>Sugars: 5g</b>	<b>Protein: 11g</b>

## Organic Carrot & Coriander Soup (LF, VG, DF, GF) KC 436

Water, Organic Carrots, Organic Onions, Organic Safflower Oil and/or Organic Sunflower Oil, Organic Cilantro, Organic Coriander, Sea Salt, Organic Rice Starch, Organic Spices.

<b>Cal: 90</b>	<b>Cal from Fat: 25</b>	<b>Total Fat: 2.5g</b>	<b>Sat Fat: 0g</b>	<b>Chol: 0mg</b>
<b>Sodium: 370mg</b>	<b>Total Carb: 13g</b>	<b>Fiber: 4g</b>	<b>Sugars: 8g</b>	<b>Protein: 1g</b>

## Organic Chick Pea & Spinach with Cream (VG, GF) KC 438

Water, Organic Potatoes, Organic Cooked Chick Peas, Organic Onions, Organic Light Cream (organic pasteurized and homogenized heavy cream, organic pasteurized and homogenized whole milk), Organic Spinach, Organic Garlic, Organic Sunflower Oil and/or Organic Safflower Oil, Organic Rice Starch, Organic Spices, Sea Salt, Organic Sesame Oil, Organic Pepper Sauce (organic apple cider vinegar, water, organic cayenne puree, salt, organic garlic, xanthan gum, organic spice). Contains milk ingredients.

<b>Cal: 220</b>	<b>Cal from Fat: 70</b>	<b>Total Fat: 8g</b>	<b>Sat Fat: 3g</b>	<b>Chol: 15mg</b>
<b>Sodium: 500mg</b>	<b>Total Carb: 32g</b>	<b>Fiber: 6g</b>	<b>Sugars: 4g</b>	<b>Protein: 7g</b>

## Organic Cream of Mushroom & Potato (VG, GF) KC 439

Water, Organic Potatoes, Organic Onions, Organic Mushrooms, Organic Light Cream (organic pasteurized and homogenized heavy cream, organic pasteurized and homogenized whole milk), Organic Safflower Oil and/or Organic Sunflower Oil, Organic Salted Butter (pasteurized organic sweet cream [milk], salt), Sea Salt, Organic Parsley, Organic Garlic, Organic Spices, Organic Champignon Powder (organic white mushrooms). Contains milk ingredients.

<b>Cal: 130</b>	<b>Cal from Fat: 60</b>	<b>Total Fat: 7g</b>	<b>Sat Fat: 3g</b>	<b>Chol: 15mg</b>
<b>Sodium: 600mg</b>	<b>Total Carb: 13g</b>	<b>Fiber: 4g</b>	<b>Sugars: 2g</b>	<b>Protein: 4g</b>

## Organic Roasted Eggplant Soup (VG, DF, GF) KC 440

Water, Organic Eggplant, Organic Diced Tomatoes (organic tomatoes and organic tomato juice, sea salt, citric acid, calcium chloride), Organic Crushed Tomatoes (organic tomatoes, organic tomato puree [water, organic tomato paste], sea salt, citric acid, organic basil), Organic Onions, Organic Olive Oil, Organic Sunflower Oil and/or Organic Safflower Oil, Organic Rice Starch, Organic Garlic, Sea Salt, Organic Spices.

<b>Cal: 140</b>	<b>Cal from Fat: 70</b>	<b>Total Fat: 8g</b>	<b>Sat Fat: 1g</b>	<b>Chol: 0mg</b>
<b>Sodium: 510mg</b>	<b>Total Carb: 15g</b>	<b>Fiber: 3g</b>	<b>Sugars: 6g</b>	<b>Protein: 2g</b>

## Pasta e Fagioli (Pasta & Beans) KC 730

Chicken Stock, White Beans, Tomato Filets (tomatoes, salt, calcium chloride, citric acid), Leeks, Spinach, Celery, Onions, Tubettini (semolina, egg whites, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), Olive Oil, Parmesan Cheese (part skim milk, cheese culture, salt, enzymes), Uncured Bacon (pork, water, brown sugar, salt, sodium lactate [from corn source], celery powder, lactic acid starter culture), Garlic, Sea Salt, Parsley, Spices.

Contains wheat, egg, milk ingredients.

<b>Cal: 180</b>	<b>Cal from Fat: 40</b>	<b>Total Fat: 4.5g</b>	<b>Sat Fat: 1g</b>	<b>Chol: 5mg</b>
<b>Sodium: 740mg</b>	<b>Total Carb: 24g</b>	<b>Fiber: 5g</b>	<b>Sugars: 3g</b>	<b>Protein: 11g</b>

## Potato & Leek Soup (VG, DF) KC 412

Potatoes, Water, Leeks, Olive Oil, Onions, Celery, Sea Salt, Garlic, Spices, Pepper Sauce (vinegar, red pepper, salt).

<b>Cal: 230</b>	<b>Cal from Fat: 140</b>	<b>Total Fat: 16g</b>	<b>Sat Fat: 2.5g</b>	<b>Chol: 0mg</b>
<b>Sodium: 600mg</b>	<b>Total Carb: 21g</b>	<b>Fiber: 2g</b>	<b>Sugars: 2g</b>	<b>Protein: 2g</b>

## Reuben Soup KC 617

Beef Stock, Chicken Stock, Sauerkraut (sauerkraut, water, salt), Corned Beef (beef, water, sea salt, raw cane sugar, natural flavorings, lactic acid starter culture), Light Cream (milk, cream), Onions, Swiss Cheese (pasteurized part-skim milk, cheese culture, salt, enzymes), Water, Cornstarch, Wheat Flour, Cider Vinegar, Tomato Puree (tomatoes, salt, citric acid), Sugar, Spices, Chicken Fat, Paprika, Sea Salt, Pepper Sauce (vinegar, red pepper, salt).

Contains milk, wheat ingredients.

<b>Cal: 200</b>	<b>Cal from Fat: 100</b>	<b>Total Fat: 11g</b>	<b>Sat Fat: 6g</b>	<b>Chol: 45mg</b>
<b>Sodium: 1040mg</b>	<b>Total Carb: 15g</b>	<b>Fiber: 2g</b>	<b>Sugars: 5g</b>	<b>Protein: 12g</b>

## Roasted Vegetable Soup (VG, DF, GF) KC 407

Water, Potatoes, Onions, Savoy Cabbage, Carrots, Celery, Leeks, Olive Oil, Parsley, Garlic, Sea Salt, Spices.

<b>Cal: 190</b>	<b>Cal from Fat: 100</b>	<b>Total Fat: 11g</b>	<b>Sat Fat: 1.5g</b>	<b>Chol: 0mg</b>
<b>Sodium: 750mg</b>	<b>Total Carb: 22g</b>	<b>Fiber: 4g</b>	<b>Sugars: 3g</b>	<b>Protein: 3g</b>

## Seafood Chowder KC 102

Fish Stock, Light Cream (milk, cream), Potatoes, Water, Haddock, Onions, Clam Meat, Scallops, Wheat Flour, Shrimp, Soybean Oil, Monterey Jack Cheese (pasteurized milk, cheese culture, salt, enzymes), Carrots, Leeks, Celery, Butter (cream, salt), Sea Salt, Seafood Broth (dehydrated broth of clam, mussel and crab; maltodextrin, salt), Lobster Broth (lobster broth, clam broth, maltodextrin, natural flavor [yeast protein]), Garlic, Spices.

Contains milk, haddock, scallop, clam, shrimp, mussel, crab, lobster, wheat ingredients.

<b>Cal: 310</b>	<b>Cal from Fat: 170</b>	<b>Total Fat: 20g</b>	<b>Sat Fat: 9g</b>	<b>Chol: 80mg</b>
<b>Sodium: 600mg</b>	<b>Total Carb: 18g</b>	<b>Fiber: 1g</b>	<b>Sugars: 3g</b>	<b>Protein: 15g</b>

## Shrimp & Roasted Corn Chowder KC 121

Chicken Stock, Shrimp, Light Cream (milk, cream), Potatoes, Water, Roasted Sweet Corn, Celery, Onions, Butter (cream, salt), Red Peppers, Wheat Flour, Rice Starch, Brandy (contains sulfites), Sea Salt, Sugar, Garlic Chili Pepper Sauce (red chili, water, sugar, garlic, vinegar, salt), Spices, Chipotle.

Contains milk, shrimp, wheat ingredients.

<b>Cal: 230</b>	<b>Cal from Fat: 110</b>	<b>Total Fat: 12g</b>	<b>Sat Fat: 8g</b>	<b>Chol: 90mg</b>
<b>Sodium: 530mg</b>	<b>Total Carb: 21g</b>	<b>Fiber: 2g</b>	<b>Sugars: 4g</b>	<b>Protein: 10g</b>

## Shrimp & Sausage Gumbo (DF) KC 241

Water, Chicken Stock, Tomato Filets (tomatoes, salt, calcium chloride, citric acid), Celery, Green Peppers, Okra, Onions, Andouille Sausage (pork, potato, spices, sea salt, brown sugar, natural vegetable juice powder, garlic, lactic acid starter culture), White Rice (long grain parboiled rice, iron phosphate, niacin, thiamine mononitrate, folic acid), Shrimp, Wheat Flour, Tomato Puree (tomatoes, salt, citric acid), Pork Fat, Chicken Fat, Sea Salt, Parsley, Pepper Sauce (vinegar, red pepper, salt), Spices, Garlic, Clam Extract, Paprika. Contains shrimp, clam, wheat ingredients.

<b>Cal: 140</b>	<b>Cal from Fat: 45</b>	<b>Total Fat: 5g</b>	<b>Sat Fat: 1.5g</b>	<b>Chol: 30mg</b>
<b>Sodium: 700mg</b>	<b>Total Carb: 17g</b>	<b>Fiber: 2g</b>	<b>Sugars: 3g</b>	<b>Protein: 8g</b>

(GF) Gluten Free    (VG) Vegetarian    (DF) Dairy Free    (LF) Low Fat

Nutritional information based on 1 cup (8oz) serving

## Spicy Crab & Sweet Corn Chowder

KC 125

Creamed Corn (corn, water, sugar, modified corn starch, salt), Light Cream (milk, cream), Water, Chicken Stock, Crab Meat, Sweet Corn, Crab Extract, Green Peppers, Onions, Evaporated Milk (milk, disodium phosphate, carrageenan, vitamin D), Celery, Butter (cream, salt), Wheat Flour, White Wine (contains sulfites), Brandy (contains sulfites), Sugar, Garlic, Sea Salt, Rice Starch, Spices, Paprika, Garlic Chili Pepper Sauce (red chili, water, sugar, garlic, vinegar, salt), Oleoresin Paprika, Pepper Sauce (vinegar, red pepper, salt), Worcestershire Sauce (water, vinegar, molasses, high fructose corn syrup, anchovies, hydrolyzed corn and soy protein, onions, tamarinds, salt, garlic, cloves, chili peppers, natural flavorings, eschallots).

Contains milk, crab, fish (anchovy), wheat ingredients.

<b>Cal: 260</b>	<b>Cal from Fat: 140</b>	<b>Total Fat: 15g</b>	<b>Sat Fat: 10g</b>	<b>Chol: 65mg</b>
<b>Sodium: 770mg</b>	<b>Total Carb: 22g</b>	<b>Fiber: 1g</b>	<b>Sugars: 8g</b>	<b>Protein: 10g</b>

## Split Pea Soup with Ham (DF)

KC 605

Peas, Pork Stock, Onions, Carrots, Celery, Uncured Ham (pork, water, sea salt, turbinado sugar, vegetable juice powder, lactic acid starter culture), Pork Fat, Sea Salt, Garlic, Spices.

<b>Cal: 220</b>	<b>Cal from Fat: 40</b>	<b>Total Fat: 4.5g</b>	<b>Sat Fat: 1.5g</b>	<b>Chol: 10mg</b>
<b>Sodium: 740mg</b>	<b>Total Carb: 31g</b>	<b>Fiber: 11g</b>	<b>Sugars: 6g</b>	<b>Protein: 15g</b>

## Thai Chicken Soup with Red Curry (DF)

KC 728

Chicken Stock, Chicken Meat, Onions, Water, Red Peppers, Green Peppers, Brown Rice, Natural Creamed Coconut, Bamboo Shoots (bamboo shoots, water), Rice Flour, Lemon Grass, Rice Starch, Ginger, Sea Salt, Garlic, Chicken Fat, Red Curry Paste (red chili, garlic, soybean oil, onion, salt, spices), Scallions, Spices, Garlic Chili Pepper Sauce (red chili, water, sugar, garlic, vinegar, salt), Sesame Oil, Paprika, Sugar, Lime Oil. Contains coconut, soy ingredients.

<b>Cal: 240</b>	<b>Cal from Fat: 100</b>	<b>Total Fat: 11g</b>	<b>Sat Fat: 7g</b>	<b>Chol: 20mg</b>
<b>Sodium: 840mg</b>	<b>Total Carb: 25g</b>	<b>Fiber: 2g</b>	<b>Sugars: 4g</b>	<b>Protein: 11g</b>

## Three Bean Chili (LF, VG, DF, GF)

KC 410

Tomatoes (tomatoes, salt, citric acid), Water, Onions, Red Chili Beans, Pinto Beans, Black Beans, Sweet Corn, Green Peppers, Red Peppers, Green Chilies (green chile peppers, salt, citric acid), Yellow Peppers, Spices, Garlic, Cilantro, Corn Oil, Paprika, Sea Salt, Pepper Sauce (vinegar, red pepper, salt).

<b>Cal: 190</b>	<b>Cal from Fat: 30</b>	<b>Total Fat: 3g</b>	<b>Sat Fat: 0.5g</b>	<b>Chol: 0mg</b>
<b>Sodium: 380mg</b>	<b>Total Carb: 31g</b>	<b>Fiber: 11g</b>	<b>Sugars: 10g</b>	<b>Protein: 9g</b>

## Tomato & Basil Soup (DF, GF)

KC C25

Tomatoes (tomatoes, salt, calcium chloride, citric acid), Beef Stock, Carrots, Onions, Tomato Paste (tomatoes, citric acid), Olive Oil, Sherry (contains sulfites), Basil, Parsley, Thyme, Garlic, Sea Salt, Spices.

<b>Cal: 100</b>	<b>Cal from Fat: 35</b>	<b>Total Fat: 4g</b>	<b>Sat Fat: 0.5g</b>	<b>Chol: 0mg</b>
<b>Sodium: 820mg</b>	<b>Total Carb: 11g</b>	<b>Fiber: 2g</b>	<b>Sugars: 7g</b>	<b>Protein: 5g</b>

## Tomato Soup with Garden Vegetables (VG, DF, GF)

KC 419

Water, Diced Tomatoes in Juice (tomatoes, tomato juice, salt, calcium chloride, citric acid), Ground Tomatoes (tomatoes, salt, citric acid), Zucchini, Summer Squash, Onions, Yellow Beans, Green Beans, Carrots, Celery, Olive Oil, Rice Flour, Scallions, Corn Oil, Spices, Sea Salt, Garlic.

<b>Cal: 90</b>	<b>Cal from Fat: 30</b>	<b>Total Fat: 3.5g</b>	<b>Sat Fat: 1g</b>	<b>Chol: 0mg</b>
<b>Sodium: 660mg</b>	<b>Total Carb: 13g</b>	<b>Fiber: 4g</b>	<b>Sugars: 7g</b>	<b>Protein: 3g</b>

## Tomato Bisque

KC 425

Ground Tomatoes (tomatoes, salt, citric acid), Chicken Stock, Light Cream (milk, cream), Tomato Paste (tomatoes, citric acid), Onions, Carrots, Sherry Wine (contains sulfites), Butter (cream, salt), Wheat Flour, Basil, Olive Oil, Parsley, Spices, Sea Salt, Garlic. Contains milk, wheat ingredients.

<b>Cal: 210</b>	<b>Cal from Fat: 110</b>	<b>Total Fat: 12g</b>	<b>Sat Fat: 7g</b>	<b>Chol: 35mg</b>
<b>Sodium: 830mg</b>	<b>Total Carb: 19g</b>	<b>Fiber: 4g</b>	<b>Sugars: 10g</b>	<b>Protein: 6g</b>

## Tomato Soup with Rice (LF)

KC 403

Chicken Stock, Beef Stock, Diced Tomatoes in Juice (tomatoes, tomato juice, salt, calcium chloride, citric acid), Tomato Puree (tomatoes, salt, citric acid), Ground Tomatoes (tomatoes, salt, citric acid), White Rice (long grain parboiled rice, iron phosphate, niacin, thiamine mononitrate, folic acid), Onions, Green Peppers, Carrots, Butter (cream, salt), Celery, Sherry Wine (contains sulfites), Sea Salt, Garlic, Paprika, Spices. Contains milk ingredients.

<b>Cal: 120</b>	<b>Cal from Fat: 25</b>	<b>Total Fat: 3g</b>	<b>Sat Fat: 2g</b>	<b>Chol: 10mg</b>
<b>Sodium: 730mg</b>	<b>Total Carb: 17g</b>	<b>Fiber: 2g</b>	<b>Sugars: 6g</b>	<b>Protein: 5g</b>

## Turkey Chili with Beans (DF)

KC 504

Tomatoes (tomatoes, salt, citric acid), Onions, Turkey Meat, Red Chili Beans, Green Peppers, Green Chilies (green chili peppers, salt, citric acid), Tomato Paste (tomatoes, citric acid), Spices, Garlic, Chicken Fat, Paprika, Sea Salt, Pepper Sauce (vinegar, red pepper, salt).

<b>Cal: 200</b>	<b>Cal from Fat: 35</b>	<b>Total Fat: 4g</b>	<b>Sat Fat: 1g</b>	<b>Chol: 60mg</b>
<b>Sodium: 620mg</b>	<b>Total Carb: 23g</b>	<b>Fiber: 7g</b>	<b>Sugars: 7g</b>	<b>Protein: 20g</b>

## Turkey Gumbo (DF)

KC 705

Chicken Stock, Tomato Filets (tomatoes, salt, calcium chloride, citric acid), Turkey Meat, Okra, Onions, Carrots, Celery, White Rice (long grain parboiled rice, iron phosphate, niacin, thiamine mononitrate, folic acid), Green Peppers, Chicken Fat, Sherry Wine (contains sulfites), Wheat Flour, Sea Salt, Garlic, Spices, Parsley, Paprika, Pepper Sauce (vinegar, red pepper, salt). Contains wheat ingredients.

<b>Cal: 150</b>	<b>Cal from Fat: 35</b>	<b>Total Fat: 4g</b>	<b>Sat Fat: 1.5g</b>	<b>Chol: 30mg</b>
<b>Sodium: 730mg</b>	<b>Total Carb: 16g</b>	<b>Fiber: 2g</b>	<b>Sugars: 3g</b>	<b>Protein: 11g</b>

## Vegetarian Vegetable Soup (LF, VG, DF)

KC 413

Vegetable Stock, Tomato Filets (tomatoes, salt, calcium chloride, citric acid), Zucchini, Broccoli, Carrots, Summer Squash, Savoy Cabbage, Green Beans, Yellow Beans, Peas, Sweet Corn, Cauliflower, Potatoes, Celery, Mushrooms, Leeks, Cider Vinegar, Parsley, Cornstarch, Sea Salt, Spices.

<b>Cal: 45</b>	<b>Cal from Fat: 5</b>	<b>Total Fat: 0g</b>	<b>Sat Fat: 0g</b>	<b>Chol: 0mg</b>
<b>Sodium: 790mg</b>	<b>Total Carb: 10g</b>	<b>Fiber: 3g</b>	<b>Sugars: 4g</b>	<b>Protein: 2g</b>

## White Bean & Escarole Soup (VG, DF)

KC414

White Beans, Vegetable Stock, Escarole, Onions, Olive Oil, Sea Salt, Spices, Garlic.

<b>Cal: 230</b>	<b>Cal from Fat: 60</b>	<b>Total Fat: 7g</b>	<b>Sat Fat: 1g</b>	<b>Chol: 0mg</b>
<b>Sodium: 730mg</b>	<b>Total Carb: 32g</b>	<b>Fiber: 8g</b>	<b>Sugars: 2g</b>	<b>Protein: 12g</b>

## White Chicken Chili with Cilantro (GF)

KC704

Chicken Meat, Chicken Stock, White Beans, Onions, Sour Cream (cultured pasteurized light cream, nonfat milk, enzymes), Green Peppers, Celery, Chicken Fat, Rice Flour, Sea Salt, Garlic, Spices, Garlic Chili Pepper Sauce (red chili, water, sugar, garlic, vinegar, salt), Cilantro, Cocoa Powder.

Contains milk ingredients.

<b>Cal: 310</b>	<b>Cal from Fat: 130</b>	<b>Total Fat: 14g</b>	<b>Sat Fat: 5g</b>	<b>Chol: 70mg</b>
<b>Sodium: 710mg</b>	<b>Total Carb: 25g</b>	<b>Fiber: 5g</b>	<b>Sugars: 3g</b>	<b>Protein: 22g</b>

## \*Marinara Sauce (VG, DF)

KC791

Ground Tomatoes (tomatoes, salt, citric acid), Water, Onions, Olive Oil, Tomato Puree (tomatoes, salt, citric acid), Garlic, Parsley, Basil, Sea Salt, Spices.

<b>Cal: 100</b>	<b>Cal from Fat: 45</b>	<b>Total Fat: 5g</b>	<b>Sat Fat: 1g</b>	<b>Chol: 0mg</b>
<b>Sodium: 400mg</b>	<b>Total Carb: 10g</b>	<b>Fiber: 2g</b>	<b>Sugars: 6g</b>	<b>Protein: 3g</b>

\*Nutritionals for this product are based on 1/2 cup serving size.

## \*Spinach & Artichoke Dip (VG)

KC768

Light Cream (milk, cream), Vegetable Stock, Spinach, Monterey Jack Cheese (pasteurized milk, cheese culture, salt, enzymes), Artichokes, Pecorino Romano Cheese (sheep's milk, starter culture, salt, rennet), Butter (cream, salt), Wheat Flour, Garlic, Sea Salt, Onions, Spices, Parsley, Olive Oil.

Contains milk, wheat ingredients.

<b>Cal: 60</b>	<b>Cal from Fat: 45</b>	<b>Total Fat: 5g</b>	<b>Sat Fat: 3g</b>	<b>Chol: 15mg</b>
<b>Sodium: 210mg</b>	<b>Total Carb: 2g</b>	<b>Fiber: 0g</b>	<b>Sugars: 1g</b>	<b>Protein: 2g</b>

\*Nutritionals for this product are based on 2 tbsp. serving size.

(GF) Gluten Free    (VG) Vegetarian    (DF) Dairy Free    (LF) Low Fat

Nutritional information based on 1 cup (8oz) serving