

**Buffets Inc. Nutrition Information
Soup Items**

Subject to change without notice.
Items vary daily.

Menu Item	Serving Size, grams	Calories	Calories from Fat	Fat, grams	Saturated Fat, grams	Trans Fat, grams	Cholesterol, milligrams	Protein, grams	Carbohydrate, grams	Total Sugars, grams	Fiber, grams	Sodium, milligrams
Chicken Noodle Soup	123 (4 fl oz ladle)	80	20	2	0.5	0	20	6	8	1	<1	300
Chicken Rice Soup	123 (4 fl oz ladle)	60	10	1.5	0.5	0	20	6	5	1	<1	300
Chicken Tortilla Soup	123 (4 fl oz ladle)	40	10	1	0.5	0	<5	2	5	1	<1	270
Chili Bean Soup	123 (4 fl oz ladle)	80	30	3.5	1.5	0	15	7	9	2	3	340
Corn Chowder	123 (4 fl oz ladle)	80	30	3.5	0.5	0	0	2	12	2	1	290
Cream of Broccoli Soup	123 (4 fl oz ladle)	80	50	6	3.5	0	0	1	6	1	1	170
Creamy Tomato Basil Soup	123 (4 fl oz ladle)	60	10	1	0.5	0	5	3	11	8	<1	390
French Onion Soup	123 (4 fl oz ladle)	40	20	2	0.5	0	0	<1	5	2	<1	330
Italian Sausage & Bean Soup	123 (4 fl oz ladle)	50	20	2.5	1	0	5	2	6	2	1	480
Minestrone Soup	123 (4 fl oz ladle)	60	10	1	0	0	0	3	11	1	1	370
Navy Bean Soup w/Ham	123 (4 fl oz ladle)	50	5	0.5	0	0	0	4	9	2	2	350
New England Clam Chowder	123 (4 fl oz ladle)	150	100	11	8	0	5	2	12	1	<1	440
Potato Cheese Soup	123 (4 fl oz ladle)	120	80	9	5	0	10	3	9	<1	1	260
Vegetable Beef Soup	123 (4 fl oz ladle)	50	20	2	0.5	0	10	3	7	2	1	240



Nutritional information does not apply to restaurants compliant with trans fat legislation in their city or county: #756 Philadelphia, PA; #271 Gaithersburg, MD; #223 Levittown, NY; #197 Bellevue, WA; #310 Federal Way, WA; #814 Kent, WA; #172 Catonsville, MD. For a typical adult who consumes 2,000 calories a day, the recommended limits are 20 grams of saturated fat and 2,400 milligrams of sodium. Nutritional data calculated using standardized recipes and a combination of laboratory analysis and nutrition software analysis and is rounded according to FDA labeling guidelines. Nutrition information presented is based on the individual piece or serving utensil measure for each menu item. There may be variations in nutrient content across servings, due to preparation, variable serving sizes, ingredients, or custom orders. Any changes in amount or type of ingredients or preparation that deviates from the standardized recipe invalidates the nutrient content as listed. Please be advised that not all foods on this list are offered every day, nor are all foods offered at all locations.