

Soup List – Sodium Content / Weight Watchers Points

Split Pea	312	13%	1
Garden Veggie	326	14%	
Enchilada	407	17%	
Garden Chipotle Pasta	404	17%	
White Chili	356	18%	2
Minestrone	431	18%	5
Chili	444	19%	
Mixed Bean	1456	19%	2
Red Beans & Rice	466	19%	1
Steak & Ale	487	20%	2
Cheesy Potato	525	22%	2
Savory Bean	648	27%	2
Black Bean	648	27%	2
Creamy Potato	672	28%	2
Wild Rice	788	33%	1
Broccoli Cheese	820	34%	2
Corn Tortilla	820	34%	2
Chili Verde	847	35%	
Chicken Noodle	711	36%	2

Gluten Free Products – except:

Minestrone
Cheesy Potato
Creamy Potato
Broccoli Cheese

Wheat Flour in:

Chili Verde
Split Pea
Cheesy Potato
Broccoli Cheese
Creamy Potato

No Corn in the following:

Taco
Garlic
Special Blend
Salsa
Cajun
BBQ
Steak Rub
Chili Cheese
Lemon Pepper
Pasta Shake

Soy in:

Beef Base
Vegetable Base

Organic ??

Would say no...

Vegetarian List:

All items except Beef, Mesquite, & Steak & Ale Soup are veggie base.