

FRESH THYME SOUP COMPANY: CALORIE INFORMATION*

Attention Calorie-Counters! *These calorie values, compiled by one of Fresh Thyme Soup Company's regular customers, are based on estimates and comparisons to other foods in online calorie listings. While effort was taken to make this information as accurate as possible, please note that Fresh Thyme Soup Company did not compile this information, did not submit soups to a lab for analysis, and is not responsible for the accuracy of this data.

SOUPS

	8-oz. Cup		12-oz. Bowl		16-oz. Bowl	
	No Garnish	W/Garnish	No Garnish	W/Garnish	No Garnish	W/Garnish
Baked Potato	208	322	312	483	416	644
BBQ Chicken Soup	200	255	300	383	400	510
Beef and Black Bean Chili	200	358	300	537	400	716
Beef Barley	144	144	216	216	288	288
Beef Minestrone	120	215	180	323	240	430
Beef Stew	216	226	324	339	432	452
Beer, Bacon, Cheddar	320	409	480	614	640	818
Black Bean Soup	160	185	240	278	320	370
Broccoli Cheddar	200	260	300	390	400	520
Butternut Squash	160	285	240	428	320	570
Caribbean Pork or Chicken	160	177	240	266	320	354
Carrot Ginger Jalapeno	128	148	192	222	256	296
Carrot Orange and Ginger	144	164	216	246	288	328
Cauliflower, Cheddar, Jalapeño	200	255	300	383	400	510
Chicken Florentine	224	224	336	336	448	448
Chicken Noodle	120	170	180	255	240	340
Chicken Peaches and Cream	208	208	312	312	416	416
Chicken Rice	120	150	180	225	240	300
Chicken Tortilla	176	326	264	489	352	652
Clam Chowder (New England)	224	254	336	381	448	508
Corn Chowder	160	168	240	252	320	336
Curried Butternut Apple	176	196	264	294	352	392
Dill Pickle	144	144	216	216	288	288
French Onion	56	191	84	287	112	382
Green Bean Casserole	208	283	312	425	416	566
Ham, Sausage, Potato, Cabbage	120	120	180	180	240	240
Hungarian Mushroom	256	281	384	422	512	562
Italian Wedding	168	267	252	401	336	534
Jambalaya w/Ham & Sausage	240	264	360	396	480	528
Kung Pao Beef or Chicken	240	304	360	456	480	608
Lemon-Ginger Vegetable	120	120	180	180	240	240

SOUPS

	8-oz. Cup		12-oz. Bowl		16-oz. Bowl	
	No Garnish	W/Garnish	No Garnish	W/Garnish	No Garnish	W/Garnish
Lentil w/Bacon and Ham	128	158	192	237	256	316
Mulligatawny	184	334	276	501	368	668
Navy Bean and Ham	144	144	216	216	288	288
Red Bean, Sausage and Ham	224	244	336	366	448	488
Santa Fe White Bean Chili	144	294	216	441	288	588
Smoked Ham, Potato, Chipotle	200	255	300	383	400	510
Split Pea and Ham	128	128	192	192	256	256
Thai Pork with Yellow Curry	224	245	336	368	448	490
Thai Yam and Coconut	240	351	360	527	480	702
Tomato Basil	176	196	264	294	352	392
Tomato Orange and Basil	224	244	336	366	448	488
Tomato Pesto	176	251	264	377	352	502
Vegetable Soup	96	96	144	144	192	192
Vegetable Beef Soup	120	120	180	180	240	240
Yam Peanut	200	320	300	480	400	640

GARNISHES

By leaving off certain garnishes you reduce calories and make some soups gluten free, vegetarian, or vegan. We measure in dollops, so the calorie numbers are approximations.

Amount for...	8-oz Cup	12-oz Bowl	16-oz Bowl	Amount for...	8-oz Cup	12-oz Bowl	16-oz Bowl	Amount for...	8-oz Cup	12-oz Bowl	16-oz Bowl
bacon	30	45	60	croutons	80	120	160	pesto	55	83	110
basil	1	2	2	fried onions	45	68	90	raisins	40	60	80
broccoli	5	8	10	green onions	4	6	8	rice	20	30	40
cheese	55	83	110	molasses	60	90	120	salsa	8	12	16
cilantro	1	2	2	noodles	40	60	80	sour cream	25	38	50
coconut	90	135	180	peanuts	40	60	80	spinach, greens	4	6	8
cranberry sauce	28	42	56	peas	10	15	20	tortilla chips	70	105	140
cream	20	30	40	pecans	45	68	90	yogurt	16	24	32