

# chicken gumbo

this louisiana style gumbo soup contains chicken, okra, rice, bell peppers, onion, tomato, dark roux, and a blend of spices and creole seasonings

	8 oz serving	12 oz serving	16 oz serving
calories	130	190	260
total fat (g)	6	9	12
carbohydrate	15	22	30
protein (g)	4	6	8
fiber (g)	1	2	2
sugars (g)	1	2	2
cholesterol (mg)	10	10	15
sodium (mg)	620	930	1240
saturated fats (g)	1	1	1.5

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6/2013

# chicken florentine soup

ribbons of homestyle egg noodles and diced chicken  
simmered in a rich chicken broth with carrot,  
onion, celery and spinach

	8 oz serving	12 oz serving	16 oz serving
<b>calories</b>	190	280	380
<b>total fat (g)</b>	10	15	20
<b>carbohydrate</b>	18	27	36
<b>protein (g)</b>	4	10	12
<b>fiber (g)</b>	1	2	2
<b>sugars (g)</b>	3	4	6
<b>cholesterol (mg)</b>	40	60	75
<b>sodium (mg)</b>	750	1120	1490
<b>saturated fats (g)</b>	6	6	8

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# **baked stuffed potato soup**

**russet potatoes simmered with select seasonings  
and smoked bacon in a rich cream sauce embellished  
with spring onion and snipped chives**

	<b>8oz Serving</b>	<b>12oz Serving</b>	<b>16oz Serving</b>
<b>calories</b>	<b>250</b>	<b>380</b>	<b>510</b>
<b>total Fat (g)</b>	<b>16</b>	<b>24</b>	<b>31</b>
<b>carbohydrate (g)</b>	<b>22</b>	<b>33</b>	<b>43</b>
<b>protein (g)</b>	<b>6</b>	<b>10</b>	<b>13</b>
<b>fiber (g)</b>	<b>2</b>	<b>2</b>	<b>3</b>
<b>sugars (g)</b>	<b>4</b>	<b>6</b>	<b>8</b>
<b>cholesterol (mg)</b>	<b>40</b>	<b>60</b>	<b>80</b>
<b>sodium (mg)</b>	<b>710</b>	<b>1060</b>	<b>1410</b>
<b>saturated Fats (g)</b>	<b>7</b>	<b>11</b>	<b>14</b>

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# cream of chicken and wild rice

chicken simmered in an herb-scented creamy sauce  
with onion, celery, carrot, cabbage and long  
grains of wild rice

	8oz Serving	12oz Serving	16oz Serving
calories	180	270	360
total Fat (g)	10	15	20
carbohydrate (g)	17	26	34
protein (g)	5	6	9
fiber (g)	1	2	2
sugars (g)	2	3	4
cholesterol (mg)	25	35	50
sodium (mg)	660	990	1320
saturated Fats (g)	3.5	5	7

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# chicken & dumplings soup

tender breast of chicken & savory vegetables in a soft chicken velouté with coin carrot, petite peas, snipped chives & plump spaetzle style dumplings

	8oz Serving	12oz Serving	16oz Serving
calories	170	260	340
total Fat (g)	6	9	12
carbohydrate (g)	22	32	43
protein (g)	8	13	17
fiber (g)	2	3	3
sugars (g)	4	6	8
cholesterol (mg)	40	60	80
sodium (mg)	850	1270	1700
saturated Fats (g)	2	3.5	4.5

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# chicken noodle soup

white meat chicken breast in a savory herb chicken broth with home-style cut carrots, celery, and onion, finished with thick cut noodles  
(low fat)

	8oz Serving	12oz Serving	16oz Serving
calories	80	110	150
total Fat (g)	1.5	2	3
carbohydrate (g)	10	15	20
protein (g)	5	9	10
fiber (g)	1	1	2
sugars (g)	1	2	3
cholesterol (mg)	15	25	35
sodium (mg)	700	1050	1400
saturated Fats (g)	0	.5	1

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# broccoli cheddar soup

select chopped broccoli and broccoli florets simmered  
in a velvety chicken broth seasoned with grated  
cheddar, choice herbs and sweet onion

	8oz Serving	12oz Serving	16oz Serving
<b>calories</b>	<b>210</b>	<b>310</b>	<b>420</b>
<b>total Fat (g)</b>	<b>14</b>	<b>20</b>	<b>27</b>
<b>carbohydrate (g)</b>	<b>15</b>	<b>22</b>	<b>29</b>
<b>protein (g)</b>	<b>7</b>	<b>11</b>	<b>14</b>
<b>fiber (g)</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>sugars (g)</b>	<b>5</b>	<b>8</b>	<b>10</b>
<b>cholesterol (mg)</b>	<b>35</b>	<b>55</b>	<b>70</b>
<b>sodium (mg)</b>	<b>570</b>	<b>860</b>	<b>1150</b>
<b>saturated Fats (g)</b>	<b>6</b>	<b>10</b>	<b>13</b>

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# french onion soup

sautéed sweet sliced onions in a light beef  
broth with essence of tomato and finished  
with herbs and spices  
(low fat)

	8oz Serving	12oz Serving	16oz Serving
<b>calories</b>	<b>70</b>	<b>110</b>	<b>150</b>
<b>total Fat (g)</b>	<b>3</b>	<b>5</b>	<b>6</b>
<b>carbohydrate (g)</b>	<b>10</b>	<b>15</b>	<b>20</b>
<b>protein (g)</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>fiber (g)</b>	<b>1</b>	<b>1</b>	<b>2</b>
<b>sugars (g)</b>	<b>4</b>	<b>6</b>	<b>9</b>
<b>cholesterol (mg)</b>	<b>10</b>	<b>10</b>	<b>15</b>
<b>sodium (mg)</b>	<b>910</b>	<b>1370</b>	<b>1830</b>
<b>saturated Fats (g)</b>	<b>1.5</b>	<b>2.5</b>	<b>3</b>

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# clam chowder

chopped sea clams and diced russet potato in  
a rich creamy blend of celery, onion and  
select seasonings

	8oz Serving	12oz Serving	16oz Serving
calories	220	320	430
total Fat (g)	13	19	25
carbohydrate (g)	19	28	38
protein (g)	7	10	14
fiber (g)	1	2	2
sugars (g)	6	8	11
cholesterol (mg)	30	45	60
sodium (mg)	750	1120	1490
saturated Fats (g)	5	7	10

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# **garden vegetable**

**a vegetarian mixture of carrot, onion, celery, corn, green bell pepper, zucchini, tomato and broccoli florets in a vegetarian broth laced with fresh herbs, garlic and seasonings**

**(vegetarian, low fat, free of gluten ingredients)**

	<b>8oz Serving</b>	<b>12oz Serving</b>	<b>16oz Serving</b>
<b>calories</b>	<b>50</b>	<b>80</b>	<b>110</b>
<b>total Fat (g)</b>	<b>1</b>	<b>2</b>	<b>2.5</b>
<b>carbohydrate (g)</b>	<b>9</b>	<b>14</b>	<b>18</b>
<b>protein (g)</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>fiber (g)</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>sugars (g)</b>	<b>3</b>	<b>4</b>	<b>6</b>
<b>cholesterol (mg)</b>	<b>0</b>	<b>0</b>	<b>0</b>
<b>sodium (mg)</b>	<b>740</b>	<b>1120</b>	<b>1490</b>
<b>saturated Fats (g)</b>	<b>0</b>	<b>0</b>	<b>0</b>

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# curried rice & lentil

plump brown lentils simmered in a tomato vegetarian  
broth with onion, carrot, ground peppers, curry  
and long grain rice

**(vegetarian, low fat, free of gluten ingredients)**

	<b>8oz Serving</b>	<b>12oz Serving</b>	<b>16oz Serving</b>
<b>calories</b>	<b>120</b>	<b>190</b>	<b>240</b>
<b>total Fat (g)</b>	<b>1.5</b>	<b>2</b>	<b>2.5</b>
<b>carbohydrate (g)</b>	<b>22</b>	<b>33</b>	<b>44</b>
<b>protein (g)</b>	<b>6</b>	<b>9</b>	<b>12</b>
<b>fiber (g)</b>	<b>6</b>	<b>9</b>	<b>12</b>
<b>sugars (g)</b>	<b>2</b>	<b>2</b>	<b>3</b>
<b>cholesterol (mg)</b>	<b>0</b>	<b>0</b>	<b>0</b>
<b>sodium (mg)</b>	<b>900</b>	<b>1350</b>	<b>1800</b>
<b>saturated Fats (g)</b>	<b>0</b>	<b>0</b>	<b>0</b>

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# corn chowder

plump kernels of corn simmered in a rich creamy chicken broth with onion, carrot, potato, corn pureé, a hint of bacon and sweet corn

	8oz Serving	12oz Serving	16oz Serving
calories	230	350	460
total Fat (g)	11	17	23
carbohydrate (g)	27	41	54
protein (g)	6	9	11
fiber (g)	2	3	4
sugars (g)	8	12	16
cholesterol (mg)	30	40	55
sodium (mg)	750	1120	1500
saturated Fats (g)	5	8	11

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# **pasta e fagioli soup**

**this classic italian recipe combines a rich chicken broth of assorted vegetables, including diced tomato and chopped spinach, with smoked bacon, tender beans and elbow pasta, finished with grated parmesan cheese**

	<b>8oz Serving</b>	<b>12oz Serving</b>	<b>16oz Serving</b>
<b>calories</b>	<b>180</b>	<b>270</b>	<b>360</b>
<b>total Fat (g)</b>	<b>6</b>	<b>9</b>	<b>11</b>
<b>carbohydrate (g)</b>	<b>24</b>	<b>35</b>	<b>47</b>
<b>protein (g)</b>	<b>8</b>	<b>11</b>	<b>15</b>
<b>fiber (g)</b>	<b>5</b>	<b>7</b>	<b>9</b>
<b>sugars (g)</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>cholesterol (mg)</b>	<b>5</b>	<b>10</b>	<b>15</b>
<b>sodium (mg)</b>	<b>660</b>	<b>990</b>	<b>1320</b>
<b>saturated Fats (g)</b>	<b>1</b>	<b>1.5</b>	<b>2</b>

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# vegetable beef barley

hearty chunks of carrot, onion, tomato  
and celery simmered in a beef broth with pearl  
barley, choice beef and cream  
(low fat)

	8oz Serving	12oz Serving	16oz Serving
calories	100	150	200
total Fat (g)	2	3	4
carbohydrate (g)	15	22	29
protein (g)	6	9	13
fiber (g)	3	4	6
sugars (g)	2	4	5
cholesterol (mg)	15	25	30
sodium (mg)	710	1060	1410
saturated Fats (g)	1	1.5	2

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# **corn & green chile bisque**

**southwest spices with plump corn kernels, jalapenos,  
mild green chiles and tomatillos in a creamy golden  
vegetarian broth with garlic and cilantro  
(vegetarian)**

	<b>8oz Serving</b>	<b>12oz Serving</b>	<b>16oz Serving</b>
<b>calories</b>	<b>180</b>	<b>270</b>	<b>360</b>
<b>total Fat (g)</b>	<b>10</b>	<b>16</b>	<b>21</b>
<b>carbohydrate (g)</b>	<b>18</b>	<b>26</b>	<b>35</b>
<b>protein (g)</b>	<b>4</b>	<b>5</b>	<b>7</b>
<b>fiber (g)</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>sugars (g)</b>	<b>3</b>	<b>5</b>	<b>7</b>
<b>cholesterol (mg)</b>	<b>25</b>	<b>40</b>	<b>55</b>
<b>sodium (mg)</b>	<b>880</b>	<b>1320</b>	<b>1760</b>
<b>saturated Fats (g)</b>	<b>5</b>	<b>8</b>	<b>11</b>

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# southwest tortilla soup

diced celery, onion, carrot, tomato & garlic simmered  
in a chicken and beef broth spiced with cumin, ground peppers &  
ground corn flour with bell peppers & fresh cilantro  
(free of gluten ingredients)

	8oz Serving	12oz Serving	16oz Serving
calories	130	200	260
total Fat (g)	7	10	14
carbohydrate (g)	15	23	31
protein (g)	3	4	5
fiber (g)	3	4	6
sugars (g)	3	4	5
cholesterol (mg)	10	10	15
sodium (mg)	650	980	1310
saturated Fats (g)	2	3	4

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# italian wedding soup

tender italian meatballs and ripened pear tomatoes  
in a light garlic-infused chicken broth with onion,  
celery, carrot, red bell pepper, spinach & basil

	8oz Serving	12oz Serving	16oz Serving
calories	120	180	240
total Fat (g)	7	10	13
carbohydrate (g)	10	15	20
protein (g)	5	8	11
fiber (g)	1	2	2
sugars (g)	2	3	4
cholesterol (mg)	10	15	20
sodium (mg)	680	960	1280
saturated Fats (g)	3	3.5	4.5

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# split pea soup with ham

diced green peas, onion, celery & smoked ham in a  
dill-infused chicken broth with shredded  
carrot & snipped chives  
(low fat)

	8oz Serving	12oz Serving	16oz Serving
calories	180	270	360
total Fat (g)	1	2	3
carbohydrate (g)	29	44	59
protein (g)	13	20	26
fiber (g)	11	16	22
sugars (g)	4	6	8
cholesterol (mg)	5	10	10
sodium (mg)	860	1280	1710
saturated Fats (g)	0	0	1

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# potato leek soup

shredded russet potato and  
tender leeks simmered in a rich chicken broth  
with sweet cream and snipped chives

	8oz Serving	12oz Serving	16oz Serving
calories	200	310	420
total Fat (g)	13	20	26
carbohydrate (g)	18	29	36
protein (g)	3	5	7
fiber (g)	2	2	3
sugars (g)	2	3	4
cholesterol (mg)	40	60	85
sodium (mg)	700	1050	1390
saturated Fats (g)	7	11	15

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# wild mushroom bisque

exotic shitake and delicate button mushrooms are abundant in a rich, creamy garlic-infused chicken broth finished with sherry

	8oz Serving	12oz Serving	16oz Serving
calories	130	190	250
total Fat (g)	6	9	12
carbohydrate (g)	15	23	30
protein (g)	4	5	7
fiber (g)	2	3	4
sugars (g)	4	6	8
cholesterol (mg)	5	5	10
sodium (mg)	710	1070	1420
saturated Fats (g)	1	1.5	2

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# tomato basil bisque

savory vegetables and smooth tomato pureé  
simmered in a creamy vegetarian broth with  
basil, fennel and sweet cream  
(vegetarian, reduced sodium)

	8oz Serving	12oz Serving	16oz Serving
calories	160	240	310
total Fat (g)	7	10	13
carbohydrate (g)	20	30	40
protein (g)	4	6	9
fiber (g)	1	2	3
sugars (g)	11	17	22
cholesterol (mg)	20	35	45
sodium (mg)	310	470	620
saturated Fats (g)	4	6	8

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# thai coconut curry soup

a bold blend of potatoes, red pepper, spinach,  
carrot, onion, celery, lemon grass coconut  
milk with red curry  
(vegetarian)

	8oz Serving	12oz Serving	16oz Serving
calories	120	180	240
total Fat (g)	6	9	12
carbohydrate (g)	14	21	28
protein (g)	3	5	6
fiber (g)	1	2	3
sugars (g)	5	7	10
cholesterol (mg)	5	5	5
sodium (mg)	730	1100	1490
saturated Fats (g)	2	3	4

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# vegetarian minestrone

premium tomato pieces, white cabbage,  
pasta, zucchini, kidney beans, sweet corn, carrots, and  
onion in herb vegetarian broth  
(vegetarian, low fat)

	8oz Serving	12oz Serving	16oz Serving
<b>calories</b>	<b>80</b>	<b>120</b>	<b>160</b>
<b>total Fat (g)</b>	<b>1</b>	<b>2</b>	<b>2.5</b>
<b>carbohydrate (g)</b>	<b>14</b>	<b>21</b>	<b>28</b>
<b>protein (g)</b>	<b>3</b>	<b>5</b>	<b>6</b>
<b>fiber (g)</b>	<b>3</b>	<b>5</b>	<b>6</b>
<b>sugars (g)</b>	<b>4</b>	<b>5</b>	<b>7</b>
<b>cholesterol (mg)</b>	<b>0</b>	<b>0</b>	<b>0</b>
<b>sodium (mg)</b>	<b>760</b>	<b>1140</b>	<b>1520</b>
<b>saturated Fats (g)</b>	<b>0</b>	<b>0</b>	<b>0</b>

For more information go to: [www.aubonpain.com](http://www.aubonpain.com)

We attempt to provide nutrition information that is as complete as possible. The nutritional values are based on standard product formulations and data from our suppliers. Variations may occur due to the use of regional suppliers, seasonal influences, differences in product preparation at the restaurant level, recipe revisions, and other factors. This information is always subject to change and will be updated periodically. 6/2013

