

SDJ NUTRITIONAL ANALYSIS

Description AC = As Consumed Per serving 250 mL (8 oz.)	Energy Cal	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugar (g)	Protein (g)
JAW Broccoli & 3 Cheese	170	10	5	2	20	950	15	1	2	5
JAW Cauliflower & Cheese	160	8	4	0.5	25	1100	17	1	6	4
JAW Cheddar Cheese & Bacon	170	10	4.5	3	25	1150	16	1	2	4
JAW Cream of Carrot Puree	140	5	2	1.5	10	970	20	2	5	3
JAW Seafood Chowder	190	9	4.5	1	50	1070	22	1	5	6
JAW Cream of Chicken	170	7	3	1.5	10	1040	20	0	3	6
JAW Chicken Mulligatawny	200	9	4.5	2	25	850	24	1	6	5
Chicken Noodle with a Twist	110	2.5	0.5	0	5	1090	17	1	1	4
Italian Wedding Style	130	3	1	0	5	1010	21	1	1	4
Chicken with Rice	90	2	0.5	0	5	940	15	1	1	3
Cream of Tomato	110	1.5	0.5	0.1	5	1230	22	1	8	2
Cream of Asparagus	100	3.5	2	0.3	15	810	15	1	4	3
Beef Noodle	90	1	0	0	5	920	15	1	1	4
JAW Cream of Vegetable Chowder	190	9	4.5	1	25	1040	24	2	7	4
JAW Cream of Broccoli	170	11	5	1.5	30	1020	15	1	5	3
JAW Cream of Mushroom	170	10	4.5	2	20	1090	16	1	2	4
Hearty Chili Style Mix with Beef	230	3.5	1	0.4	5	1540	36	8	4	13
Chili Style Mix with Beef	180	1.5	0	0	5	1012	31	9	5	12
JAW Clam Chowder	210	9	4.5	1	30	1090	26	2	6	6
Vegetarian Chili Mix	180	1.5	0	0	0	1220	33	7	7	8
JAW Cream of Potato & Leek	190	9	4.5	1	25	1040	23	2	4	4
Vegetable Florentine	90	1	0.5	0	5	780	18	1	5	3
French Canadian Pea	160	2.5	0.5	0.5	0	850	25	5	1	9
Minestrone	80	0	0	0	0	890	18	2	3	3
Chicken Noodle	110	2.5	0.5	0	5	1100	17	1	1	4
French Onion	60	0.2	0	0	0	1130	14	2	3	1
Mushroom & Barley	70	0.5	0	0	0	650	14	2	1	2
Vegetable Beef with Barley	90	1	0.4	0	5	920	18	2	1	3
Bean & Spring Vegetable	140	1.5	0	0	0	810	25	7	3	7
Garden Vegetable	70	1	0.2	0.3	0	970	13	1	2	1

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Caribbean & Black Bean	130	1	0	0	0	1160	24	5	6	5
Lentil with Bell Pepper	170	1	0	0	0	760	29	11	2	11
Hungarian Goulash	120	2	0.2	0	5	1220	21	2	5	4
Tomato Pennine & Chick Pea	140	1.5	0	0	0	1160	26	2	6	4
Louisiana Chicken Gumbo	100	2.5	0.5	0	0	1200	15	1	4	4
Thai Vegetable	60	1	0	0	0	840	10	1	2	3
Pasta Fagioli	150	1.5	0	0	0	970	28	6	5	7
Smoked Turkey with Wild Rice	70	1	0.2	0	5	670	13	1	1	3
Mediterranean Chicken	110	3.5	1	0.2	5	810	15	1	3	4
Creamy Tomato & Red Pepper	110	2.5	1	0	10	950	19	2	9	4
Tuscan Sausage & White Bean	110	2.5	0.5	0	5	940	17	3	2	4
Red Thai Curry Chicken with Rice	180	8	6	1	10	990	21	1	2	5
Butternut Squash & Sweet Potato Bisque	180	5	2	1.5	5	880	31	2	9	3

1/28/2008 – JW - updated nutritional values and added new SKU's