

FOOD LIST

Brand	Food	Measure	Phe (mg)	Protein (gm)	Calories (kcal)
Condensed Canned Soups					
Campbell's	California Style Vegetable Soup, condensed	1 Tabl.	11	0.3	10
Campbell's	California Style Vegetable Soup, prepared with water	½ cup	42	1.2	40
Campbell's	Cheddar Cheese Soup, condensed	1 Tabl.	31	0.6	16
Campbell's	Cheddar Cheese Soup, prepared with water	½ cup	125	2.5	65
Campbell's	Cream of Potato Soup, condensed	1 Tabl.	20	0.5	10
Campbell's	Cream of Potato Soup, prepared with water	½ cup	81	1.9	40
Campbell's	Curly Chicken Noodle Soup, condensed	1 Tabl.	13	0.3	9
Campbell's	Curly Chicken Noodle Soup, prepared with water	½ cup	53	1.3	35
Campbell's	Double Noodle in Chicken Broth Soup, condensed	1 Tabl.	21	0.5	12
Campbell's	Double Noodle in Chicken Broth Soup, prepared with water	½ cup	82	2.0	45
Campbell's	French Onion Soup, condensed	1 Tabl.	13	0.2	8
Campbell's	French Onion Soup, prepared with water	½ cup	52	1.0	30
Campbell's	Golden Mushroom Soup, condensed	1 Tabl.	16	0.2	9
Campbell's	Golden Mushroom Soup, prepared with water	½ cup	64	1.0	35
Campbell's	Old Fashioned Tomato Rice Soup, condensed	1 Tabl.	8	0.2	14
Campbell's	Old Fashioned Tomato Rice Soup, prepared with water	½ cup	31	0.6	55
Campbell's	Souper Stars, condensed	1 Tabl.	13	0.3	9
Campbell's	Souper Stars, prepared with water	½ cup	53	1.3	35
Campbell's	Split Pea with Ham Soup, condensed	1 Tabl.	54	1.2	20
Campbell's	Split Pea with Ham Soup, prepared with water	½ cup	215	4.9	80
Campbell's	Tomato Bisque Soup, condensed	1 Tabl.	6	0.2	15
Campbell's	Tomato Bisque Soup, prepared with water	½ cup	22	0.6	60
Campbell's	Tomato Soup, condensed	1 Tabl.	6	0.2	11
Campbell's	Tomato Soup, prepared with water	½ cup	23	0.6	45
Campbell's	Vegetable Soup, condensed	1 Tabl.	13	0.4	11
Campbell's	Vegetable Soup, prepared with water	½ cup	53	1.5	45
Campbell's	Vegetarian Vegetable Soup, condensed	1 Tabl.	12	0.3	8
Campbell's	Vegetarian Vegetable Soup, prepared with water	½ cup	48	1.2	29
Healthy Request	Tomato Soup, prepared with water	½ cup	26	0.8	47
Healthy Request	Vegetable Beef Soup, prepared with water	½ cup	114	2.6	39
Healthy Request	Vegetable Soup, prepared with water	½ cup	50	1.6	43



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