



SOUP NUTRITIONAL & ALLERGEN INFORMATION

milios.com

It's THE BREAD!

Milio's Sandwiches® Nutritional Guide 2018	NUTRITIONAL INFORMATION																	
	Serving Size (g)	Calories	Calories from Fat	Total Fat (g)	% Daily Value for Total Fat	Saturated Fat (g)	% Daily Value for Saturated Fat	Trans Fat (g)	Cholesterol (mg)	% Daily Value for Cholesterol	Sodium (mg)	% Daily Value for Sodium	Total Carbohydrates (g)	% Daily Value for Total Carbohydrates	Dietary Fiber (g)	% Daily Values for Dietary Fiber	Sugars (g)	Protein (g)
SOUP																		
Chicken w/Brown & Wild Rice - 8oz. Cup	8	210	110	12	18%	3	15%	0	15	5%	740	31%	19	6%	1	4%	3	6
Chicken w/Brown & Wild Rice - 12oz. Bowl	12	315	165	18	28%	5	23%	0	23	8%	1110	46%	28.5	10%	2	6%	5	9
Hearty Beef Chili w/Beans 8oz. Cup	8	190	70	8	12%	4	18%	1	30	10%	850	35%	17	6%	4	16%	6	12
Hearty Beef Chili w/Beans 12oz. Bowl	12	285	105	12	18%	5	26%	1	45	15%	1275	53%	26	9%	6	24%	9	18
Southwestern Cheesy Chicken - 8oz. Cup	8	120	45	5	8%	2	10%	0	15	5%	1350	56%	12	4%	1	4%	11	7
Southwestern Cheesy Chicken - 12oz. Bowl	12	180	68	8	12%	3	15%	0	23	8%	2025	84%	18	6%	2	6%	17	11
Cream of Potato w/Bacon 8oz. Cup	8	180	90	10	15%	4	18%	0	20	7%	860	36%	18	6%	1	4%	4	4
Cream of Potato w/Bacon 12oz. Bowl	12	270	135	15	23%	5	26%	0	30	10%	1290	54%	27	9%	2	6%	6	6
Golden Broccoli & Cheese 8oz. Cup (Gluten Free)	8	190	130	14	22%	5	25%	0	20	7%	950	40%	10	3%	1	4%	3	5
Golden Broccoli & Cheese 12oz. Bowl (Gluten Free)	12	285	195	21	32%	8	38%	0	30	10%	1425	59%	15	5%	2	6%	5	8
HALF SANDWICH COMBO WITH SOUP																		
#1 American Favorite (1/2 Sandwich)	154	340	150	17	26%	6	28%	0	35	12%	990	41%	29	10%	3	10%	2	17
#2 Texas Longhorn (1/2 Sandwich)	154	310	120	13	20%	3	15%	0	35	12%	720	30%	28	9%	3	10%	1	18
#3 The Big KaTuna (1/2 Sandwich)	190	330	140	15	23%	2	10%	0	30	10%	730	30%	28	9%	4	14%	2	19
#4 Pilgrim's Pride (1/2 Sandwich)	159	290	100	11	17%	2	10%	0	45	15%	850	35%	28	9%	3	10%	1	16
#5 The Godfather (1/2 Sandwich)	178	440	230	27	41%	8	40%	0	50	17%	1160	48%	31	10%	3	10%	2	20
#6 Veggie Delite (1/2 Sandwich)	148	370	200	22	34%	8	40%	0	25	8%	610	25%	30	10%	4	14%	1	14
Recipes analyzed using software provided by Pepsi Foodservice, SYSCO Foodservice Distributors & the CBORD Group, Inc.	Percent Daily Values are based on a 2,000-calorie diet. Milio's® nutritional analysis is based on data collected from our manufacturers along with information from the USDA database. Recipes are from Milio's®. Ingredients and portion sizes may vary slightly. Some items may not be available in all restaurants and test products and test formulations have not been included. While ingredient information is based on standard product formulations, variations may occur depending on the local supplier, the region of the country and the season of the year. Serving sizes may vary from quantity upon which the analysis was conducted. Serving size designation for beverages refers to total cup capacity; the actual fill may be slightly less.																	

ALLERGENS						
Peanut	Tree Nuts	Soy	Dairy	Egg	Fish	Wheat/ Gluten
		•	•			•
		•	•			•
			•	•		•
		•	•			•
		•	•	•		•
		•	•			
		1	•	•		•
		1		•		•
		1	•	•		•
		1	•	•		•
1 - Contains highly refined soy.						