

creamy tomato soup panera nutrition

creamy tomato soup panera nutrition is a topic of interest for many health-conscious consumers who enjoy flavorful yet nutritious dining options. Panera Bread's creamy tomato soup is a popular menu item known for its rich taste and comforting qualities. Understanding the nutritional profile of this soup helps individuals make informed dietary choices, especially when managing calorie intake, sodium levels, or macronutrients. This article delves into the detailed creamy tomato soup Panera nutrition facts, including calories, fats, proteins, vitamins, and minerals. Additionally, it explores how this soup fits into various dietary preferences and highlights potential health benefits and considerations. The comprehensive overview offers valuable insights for anyone curious about the nutritional aspects of this beloved Panera offering. Below is a detailed table of contents to guide the discussion.

- Nutritional Breakdown of Panera's Creamy Tomato Soup
- Caloric and Macronutrient Content
- Vitamins and Minerals Profile
- Dietary Considerations and Allergen Information
- Comparing Panera's Creamy Tomato Soup to Other Tomato Soups
- Health Benefits and Potential Drawbacks

Nutritional Breakdown of Panera's Creamy Tomato Soup

Understanding the nutritional components of Panera's creamy tomato soup is essential for anyone monitoring their diet. The soup combines ripe tomatoes and cream to deliver a smooth texture and satisfying flavor. Its nutrition profile includes a balance of calories, fats, carbohydrates, and proteins, along with key micronutrients derived from fresh ingredients. The detailed breakdown reveals how this soup aligns with daily nutritional goals and dietary requirements.

Serving Size and Basic Nutrition Facts

The standard serving size for Panera's creamy tomato soup is typically 8 ounces (one cup). Each serving provides approximately 160 calories, making it a moderate-calorie option suitable for light meals or snacks. The soup contains around 10 grams of fat, 15 grams of carbohydrates, and 4 grams of protein per serving. This distribution highlights the creamy texture's reliance on fats and the presence of carbohydrates primarily from tomatoes and added ingredients.

Fat Content and Types

Panera's creamy tomato soup contains roughly 10 grams of fat per serving, including saturated fats due to the cream used in the recipe. Saturated fat content generally ranges around 6 grams. The fat content contributes to the soup's creamy mouthfeel but also affects its overall calorie density. Understanding the fat profile is crucial for those regulating fat intake for heart health or weight management.

Caloric and Macronutrient Content

Analyzing the caloric and macronutrient composition helps clarify how creamy tomato soup Panera nutrition fits into daily energy needs. The soup's macronutrients—fat, protein, and carbohydrates—play distinct roles in energy provision and satiety.

Calories per Serving

With approximately 160 calories in an 8-ounce serving, Panera's creamy tomato soup offers a moderate energy boost without excessive caloric load. This calorie count makes it a viable option for those seeking flavorful meals without overconsumption of calories.

Carbohydrates and Sugars

The carbohydrate content of about 15 grams per serving includes natural sugars from tomatoes. The soup contains roughly 10 grams of sugar, which primarily originates from the natural sweetness of fresh tomatoes rather than added sugars. This aspect makes it a relatively low-sugar choice compared to many processed soups.

Protein Content

Protein content in Panera's creamy tomato soup is approximately 4 grams per serving. While not a high-protein food, this amount contributes modestly to daily protein intake and supports overall nutritional balance.

Vitamins and Minerals Profile

Panera's creamy tomato soup contains several vitamins and minerals due to its tomato base and dairy ingredients. These micronutrients play significant roles in health maintenance and immune support.

Key Vitamins in the Soup

The soup is a notable source of vitamin A and vitamin C, both of which are abundant in tomatoes. Vitamin A supports eye health and immune function, while vitamin C acts as an antioxidant and aids

in collagen production. The creamy tomato soup also contains some B vitamins, including folate, which is important for cell growth and metabolism.

Mineral Content

Essential minerals such as calcium and potassium are present in the soup. Calcium, contributed by the dairy cream, is vital for bone health, while potassium supports heart and muscle function. Sodium content, however, can be relatively high, usually around 850 mg per serving, which is an important consideration for those monitoring salt intake.

Dietary Considerations and Allergen Information

When evaluating creamy tomato soup Panera nutrition, dietary restrictions and allergen information are key factors for many consumers. Understanding the ingredients helps identify suitability for various dietary lifestyles.

Allergens and Sensitivities

Panera's creamy tomato soup contains dairy, making it unsuitable for individuals with lactose intolerance or dairy allergies. It also may contain traces of gluten due to cross-contamination or preparation methods, although the soup itself is generally considered gluten-free. Checking with Panera for allergen protocols is recommended for sensitive individuals.

Suitability for Special Diets

The soup is not vegan due to the use of cream but can be part of a vegetarian diet. Its moderate calorie and fat content may fit into balanced meal plans for weight management or heart-healthy diets, provided sodium intake is monitored.

Comparing Panera's Creamy Tomato Soup to Other Tomato Soups

Comparative analysis offers perspective on how Panera's creamy tomato soup stacks up nutritionally against other commercially available or homemade tomato soups.

Calories and Fat Comparison

Compared to other creamy tomato soups in the market, Panera's version is moderate in calories and fat. Some store-bought soups can have higher sodium or added preservatives, whereas Panera emphasizes fresh ingredients. Homemade versions can vary widely based on recipe but may have lower sodium and fat if prepared with low-fat dairy or broth.

Sodium and Sugar Levels

Panera's soup tends to have higher sodium levels than homemade tomato soups, reflecting the common challenge of balancing flavor and health in restaurant offerings. Sugar content, however, remains relatively low and natural, which is advantageous compared to some processed soups with added sugars.

Health Benefits and Potential Drawbacks

Assessing the health implications of creamy tomato soup Panera nutrition involves weighing its benefits against potential nutritional concerns.

Health Benefits

- **Rich in Antioxidants:** Tomatoes provide lycopene, a powerful antioxidant linked to reduced risk of certain chronic diseases.
- **Vitamin and Mineral Support:** Provides essential vitamins A and C, calcium, and potassium.
- **Satiety and Comfort:** The creamy texture supports satiety, making it a comforting yet satisfying meal or snack.

Potential Nutritional Drawbacks

- **High Sodium Content:** Elevated sodium levels may not be suitable for individuals with hypertension or those on low-sodium diets.
- **Saturated Fat:** The cream contributes saturated fat, which should be consumed in moderation for cardiovascular health.
- **Allergen Concerns:** Contains dairy, not suitable for those with allergies or lactose intolerance.

Frequently Asked Questions

What are the main nutritional components of Panera's Creamy Tomato Soup?

Panera's Creamy Tomato Soup typically contains calories, fat, carbohydrates, protein, and sodium. A

typical serving has around 160 calories, 9 grams of fat, 18 grams of carbohydrates, 3 grams of protein, and 800 milligrams of sodium.

Is Panera's Creamy Tomato Soup gluten-free?

Panera's Creamy Tomato Soup is not certified gluten-free as it may contain ingredients with gluten or be prepared in an environment where cross-contamination can occur. Customers with gluten sensitivities should check with Panera for the most current allergen information.

How much sodium is in a serving of Panera's Creamy Tomato Soup?

A serving of Panera's Creamy Tomato Soup contains approximately 800 milligrams of sodium, which is about 35% of the recommended daily intake based on a 2,300 mg sodium diet.

Does Panera's Creamy Tomato Soup contain dairy?

Yes, Panera's Creamy Tomato Soup contains dairy ingredients such as cream and cheese, which contribute to its creamy texture and flavor.

Is Panera's Creamy Tomato Soup suitable for a low-carb diet?

Panera's Creamy Tomato Soup contains around 18 grams of carbohydrates per serving, making it moderate in carbs. It may not be ideal for very strict low-carb or ketogenic diets but could fit into more flexible low-carb plans.

How many calories are in a cup of Panera's Creamy Tomato Soup?

One cup (approximately 8 ounces) of Panera's Creamy Tomato Soup contains about 160 calories, making it a moderately calorie-dense option for a soup.

Additional Resources

1. The Ultimate Guide to Panera Bread's Creamy Tomato Soup Nutrition

This book delves into the nutritional profile of Panera Bread's famous creamy tomato soup, breaking down its ingredients, calorie content, and health benefits. It offers tips on how to enjoy this comforting dish while maintaining a balanced diet. Readers will find comparisons with other soup options and suggestions for making homemade versions that are equally delicious and nutritious.

2. Healthy Soups: Creamy Tomato Variations Inspired by Panera

Explore a variety of creamy tomato soup recipes inspired by Panera's classic, focusing on wholesome ingredients and nutritional optimization. This book emphasizes using fresh produce, low-fat dairy, and natural seasonings to create flavorful yet healthy soups. It also includes nutritional information and advice for those managing dietary restrictions.

3. Nutrition Facts and Myths: Panera's Creamy Tomato Soup Explained

Uncover the truths and misconceptions about the nutritional content of Panera's creamy tomato soup. This book provides an evidence-based analysis of the soup's ingredients, including sodium levels, fats, and vitamins. It aims to help readers make informed choices about incorporating this popular dish into their diets.

4. Comfort Food Reimagined: Creamy Tomato Soup with a Nutritional Twist

This cookbook offers creative recipes for creamy tomato soup that retain the comforting qualities of Panera's version but with enhanced nutritional value. It introduces plant-based alternatives, reduced-sodium options, and nutrient-dense add-ins. Perfect for those seeking to enjoy comfort food without compromising their health goals.

5. The Science of Soup: Understanding Panera's Creamy Tomato Nutrition

Delve into the science behind the creamy tomato soup recipe at Panera Bread, focusing on nutritional chemistry and ingredient functionality. The book explains how each component contributes to flavor, texture, and health benefits. It's an insightful read for food enthusiasts and nutritionists alike.

6. Low-Calorie Soups: Enjoying Panera's Creamy Tomato Flavor Guilt-Free

Learn how to replicate the delicious taste of Panera's creamy tomato soup using low-calorie ingredients. This guide provides recipes, cooking techniques, and nutritional analyses to help readers enjoy their favorite soup without excess calories or fat. It's ideal for those on weight management programs.

7. Panera Bread's Menu Decoded: Focus on Creamy Tomato Soup Nutrition

A comprehensive look at Panera Bread's menu with a spotlight on the creamy tomato soup's nutritional content. The book compares this soup to other menu items and suggests healthier pairings for a balanced meal. It also discusses portion control and ingredient sourcing.

8. Homemade Creamy Tomato Soup: Nutritious Recipes Inspired by Panera

Discover how to make rich and creamy tomato soups at home that mirror Panera's flavor while prioritizing nutrition. This book offers step-by-step recipes using fresh, wholesome ingredients, along with nutritional breakdowns for each recipe. It encourages cooking from scratch as a way to control dietary intake.

9. Soup and Health: The Role of Creamy Tomato Soup in a Balanced Diet

Explore the health benefits of including creamy tomato soup, like Panera's, in your diet. The book discusses the nutritional components of tomatoes, dairy, and herbs, and how they contribute to overall wellness. It also provides guidance on moderating soup consumption to fit various health needs.

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