

# WHAT'S COOKING IN THE MARKET?

Servings:

**Ingredients**



**Directions**

## NUTRITION INFORMATION PER SERVING

<u>Key Nutrients</u>	<u>Amount</u>	<u>% Daily Value</u>
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Total Calories

Total Fat

    Saturated Fat

    Trans Fat

Cholesterol

Sodium

Carbohydrates

    Dietary Fiber

    Sugars

Protein

## MYPLATE FOOD GROUPS

Grains

Fruits

Vegetables

Protein

Dairy