

# WHAT'S COOKING IN THE MARKET?

Servings:

**Ingredients**



**Directions**

## NUTRITION INFORMATION PER SERVING

| <u>Key Nutrients</u> | <u>Amount</u> | <u>% Daily Value</u> |
|----------------------|---------------|----------------------|
|----------------------|---------------|----------------------|

Total Calories

Total Fat

    Saturated Fat

    Trans Fat

Cholesterol

Sodium

Carbohydrates

    Dietary Fiber

    Sugars

Protein

## MYPLATE FOOD GROUPS

Grains

Fruits

Vegetables

Protein

Dairy