

LET'S COOK!

Servings:

Ingredients



Directions

K-STATE
Research and Extension



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

MYPLATE FOOD GROUPS

- Grains
- Fruits
- Vegetables
- Protein
- Dairy

NUTRITION INFORMATION PER SERVING

| Key Nutrients | Amount | % Daily Value |
|----------------|--------|---------------|
| Total Calories | | |
| Total Fat | | |
| Saturated Fat | | |
| Trans Fat | | |
| Cholesterol | | |
| Sodium | | |
| Carbohydrates | | |
| Dietary Fiber | | |
| Sugars | | |
| Protein | | |



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