

# 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