

# WHAT'S COOKING IN THE MARKET?

Servings:

**Ingredients**



**Directions**

## NUTRITION INFORMATION PER SERVING

<b>Key Nutrients</b>	<b>Amount</b>	<b>% Daily Value</b>
Total Calories	345	
Total Fat	8g	
Saturated Fat	4g	
Trans Fat		
Cholesterol		
Sodium	572mg	
Carbohydrates	41g	
Dietary Fiber	3g	
Sugars		
Protein	30g	

## MYPLATE FOOD GROUPS

- Grains
- Fruits
- Vegetables
- Protein
- Dairy