

WHAT'S COOKING IN THE MARKET?

Servings:

Ingredients

Directions

NUTRITION INFORMATION

| <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