

WHAT'S COOKING IN THE MARKET?

Servings:

Ingredients



Directions

NUTRITION INFORMATION PER SERVING

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

MYPLATE FOOD GROUPS

- Grains
- Fruits
- Vegetables
- Protein
- Dairy