

# WHAT'S COOKING IN THE MARKET?

Servings:

**Ingredients**



**Directions**

## NUTRITION INFORMATION

<b>Key Nutrients</b>	<b>Amount</b>	<b>% Daily Value</b>
----------------------	---------------	----------------------

Total Calories		
----------------	--	--

Total Fat		
-----------	--	--

Saturated Fat		
---------------	--	--

Trans Fat		
-----------	--	--

Cholesterol		
-------------	--	--

Sodium		
--------	--	--

Carbohydrates		
---------------	--	--

Dietary Fiber		
---------------	--	--

Sugars		
--------	--	--

Protein		
---------	--	--

## MYPLATE FOOD GROUPS

☐ **Grains**

☐ **Fruits**

☐ **Vegetables**

☐ **Protein**

☐ **Dairy**