

# WHAT'S COOKING IN THE MARKET?

Servings:

**Ingredients**



**Directions**

## NUTRITION INFORMATION PER SERVING

<b>Key Nutrients</b>	<b>Amount</b>	<b>% Daily Value</b>
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Total Calories

Total Fat

    Saturated Fat

    Trans Fat

Cholesterol

Sodium

Carbohydrates

    Dietary Fiber

    Sugars

Protein

## MYPLATE FOOD GROUPS

**Grains**

**Fruits**

**Vegetables**

**Protein**

**Dairy**