

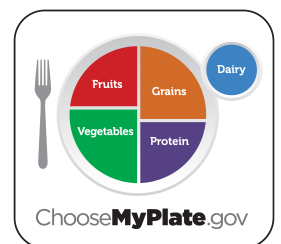


United States Department of Agriculture

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# MyPlate KITCHEN

**Taco Tuesday**





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# Grilled Fish Tacos with Peach Salsa



**Makes:** 4 Servings

**Prep Time:** 30 minutes

Set the stage for a delicious plate with these healthy fish tacos with peach salsa. Perfect for a summertime taco night!

## Ingredients

### For the salsa:

- 1 can 15.25 ounces peach halves (drained, rinsed, and chopped, about 1 cup)
- 1/2 red bell pepper (finely chopped, about 1/2 cup)
- 1/4 red onion (finely chopped, about 1/4 cup)
- 1 whole jalapeno pepper (rinsed, seeded, and finely chopped)
- 1 tablespoon fresh cilantro (finely chopped)
- 2 teaspoon lemon juice

### For the fish:

- 4 tilapia fillets (about 1 lb)
- 1 tablespoon chili powder
- 1/4 teaspoon low-sodium adobo seasoning
- 1 package low-sodium sazón seasoning
- 8 6" flour tortillas (warmed)

## Directions

For the Salsa:

1. In a medium bowl, stir together chopped peaches, bell pepper, onions, jalapenos, cilantro, and lemon juice; cover and refrigerate until ready to use.

For the fish:

1. Heat grill or grill pan over medium-high heat. Using paper towels, pat fish dry, transfer to plate.
2. In a small bowl, stir together chili powder, low-sodium adobo and sazón packet.
3. Rub fish with spice mixture to coat completely.
4. Place fish on hot greased grill grates.

5. Cook, flipping once until fish is opaque and flakes easily with a fork (145 degrees Fahrenheit), about 8 minutes.
6. Thinly slice fish.
7. To serve, fill each tortilla with 1/2 fish fillet and about 1/3 cup of salsa.

Source:

[The Best of la Cocina Goya: Healthy, Tasty, Affordable Latin Cooking](#)

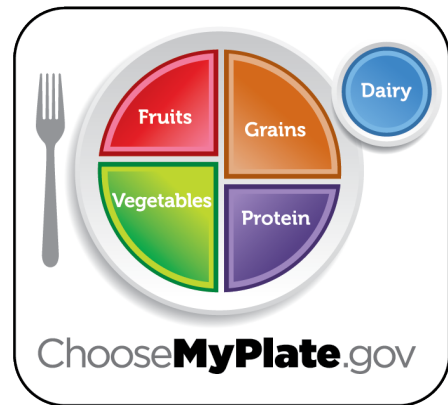
## Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>330</b>
<b>Total Fat</b>	<b>5 g</b>
Saturated Fat	2 g
Cholesterol	55 mg
<b>Sodium</b>	<b>380 mg</b>
<b>Total Carbohydrate</b>	<b>44 g</b>
Dietary Fiber	3 g
Total Sugars	18 g
Added Sugars included	11 g
<b>Protein</b>	<b>27 g</b>
Vitamin D	3 mcg
Calcium	104 mg
Iron	3 mg
Potassium	590 mg

Note: only nutrients that are available will show on this display

## MyPlate Food Groups

<span style="color: red;">■</span> Fruits	1/2 cups
<span style="color: green;">■</span> Vegetables	1/4 cups
<span style="color: orange;">■</span> Grains	2 ounces
<span style="color: purple;">■</span> Protein Foods	2 1/2 ounces



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# Corn and Green Chili Salad



**Makes:** 4 servings

**Cook Time:** 10 minutes

Cilantro, lime juice, and green onions add a delightful taste to this corn side dish. Try using fresh corn when it is in season.

## Ingredients

- 2 cup corn (frozen and thawed)
- 1 can diced tomatoes with green chilies (10 ounce)
- 1/2 tablespoon vegetable oil
- 1 tablespoon lime juice
- 1/3 cup green onion (sliced)
- 2 tablespoon cilantro (fresh chopped)

## Directions

1. Combine all ingredients in a medium bowl.
2. Mix well.

Source: California Department of Health Services, Healthy Latino Recipes: Made with Love  
California Latino 5-a-Day Campaign

## Nutrition Information

**Serving Size:** 1/4 of recipe (168g)

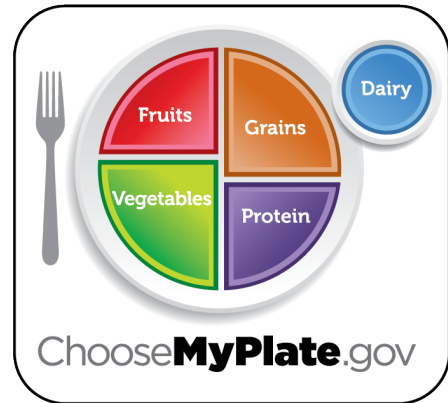
Nutrients	Amount
<b>Calories</b>	<b>96</b>
<b>Total Fat</b>	<b>3 g</b>
Saturated Fat	0 g
Cholesterol	0 mg
<b>Sodium</b>	<b>297 mg</b>
<b>Total Carbohydrate</b>	<b>18 g</b>
Dietary Fiber	2 g
Total Sugars	6 g
Added Sugars included	0 g
<b>Protein</b>	<b>3 g</b>
Vitamin D	0 mcg
Calcium	23 mg
Iron	1 mg
Potassium	314 mg

Note: only nutrients that are available will show on this display

## MyPlate Food Groups

■ Vegetables

3/4 cups



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# Tortilla Chips and Bean Dip



**Makes:** 4 servings

Prepare this layered dip with beans, salsa, sour cream, and cheese for your next party. Make your own tortilla chips to serve on the side. Fill up on fiber while having fun.

## Ingredients

- 4 corn tortillas
- 1 can kidney beans (16 ounce)
- 1/4 cup salsa
- 1/4 cup sour cream, non-fat
- 1/2 cup cheddar cheese (shredded)
- 1 cup lettuce (shredded)

## Directions

1. Preheat oven to 400 degrees.
2. Place tortillas in a stack on cutting board. With a sharp knife, cut stack into eight pieces, forming triangles or wedges.
3. Lay tortillas pieces out in single layer on baking sheet. Set aside while making dip.
4. Open canned beans. Pour beans in colander; rinse and drain. Place beans in a small mixing bowl and mash with a potato masher. Spread beans over bottom of baking dish.
5. Measure salsa and spread over beans.
6. Measure sour cream and spread over beans.
7. Grate and measure cheese; sprinkle over bean mixture.
8. Place lettuce wedge on cutting board. Slice into thin strips; set aside.
9. Place both the baking sheet with tortilla pieces and the dip in preheated oven. Bake about 8 minutes or until tortilla pieces are crisp and dip is bubbly. Sprinkle lettuce over dip and serve with tortilla chips.

Create-a-Flavor Changes

-Use Monterey Jack or another cheese.





- Substitute black beans for kidney beans.
- Substitute 1/4 cup chopped fresh tomatoes for taco sauce.
- Spread one small can chopped green chilis over beans.

Source: Cornell Cooperative Extension, Division of Nutritional Sciences, Cooking Up Fun - A Pyramid of Snacks

## Nutrition Information

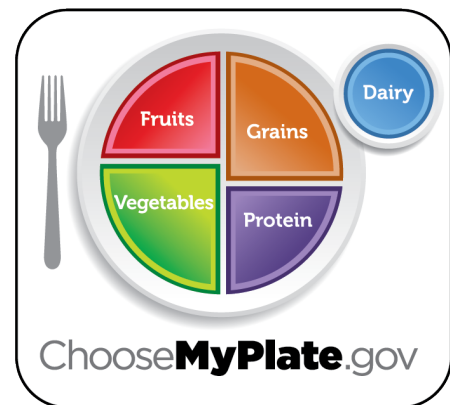
**Serving Size:** 1/4 of recipe (200g)

Nutrients	Amount
<b>Calories</b>	<b>216</b>
<b>Total Fat</b>	<b>6 g</b>
Saturated Fat	3 g
Cholesterol	16 mg
<b>Sodium</b>	<b>190 mg</b>
<b>Total Carbohydrate</b>	<b>30 g</b>
Dietary Fiber	7 g
Total Sugars	1 g
Added Sugars included	0 g
<b>Protein</b>	<b>12 g</b>
Vitamin D	0 mcg
Calcium	168 mg
Iron	3 mg
Potassium	422 mg

Note: only nutrients that are available will show on this display

## MyPlate Food Groups

<span style="color: green;">■</span> Vegetables	1/2 cups
<span style="color: orange;">■</span> Grains	1 ounce
<span style="color: purple;">■</span> Protein Foods	1 3/4 ounces
<span style="color: blue;">■</span> Dairy	1/2 cups



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# Black Bean and Rice Salad



**Makes:** 3 servings

Full of protein, fiber, and flavor, this salad works well as a side dish or stands alone as a main dish. It can also be made ahead of time and refrigerated.

## Ingredients

- 1/2 cup onion (chopped)
- 1/2 cup bell pepper (green or red, chopped)
- 1 cup brown rice (or white rice, cooked and cooled)
- 1 can black beans (15 ounce, drained and rinsed)
- 1/4 cup rice vinegar (or white wine vinegar or lemon juice)
- 1/2 mustard powder (1/2 teaspoon, optional)
- 1 clove garlic (chopped, or 1/2 teaspoon garlic powder)
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 2 tablespoon vegetable oil

## Directions

1. In a mixing bowl, stir together onion, red or green pepper, rice and beans.
2. In a jar with a tight fitting lid, add vinegar, dry mustard, garlic, salt, pepper and vegetable oil. Shake until dressing is evenly mixed.
3. Pour dressing over bean mixture and stir to mix evenly. Chill for at least one hour. Serve cold as a side dish or main dish.

Source: Montana State University Extension Service, [Montana Extension Nutrition Education Program Website Recipes](#)

## Nutrition Information

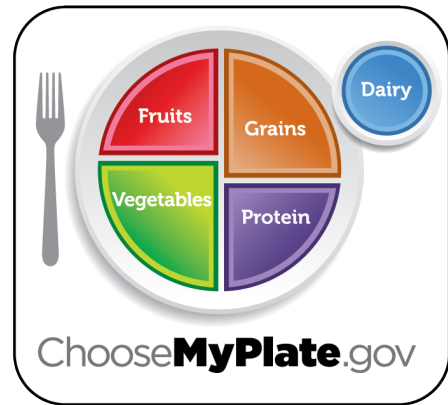
**Serving Size:** 1 cup, 1/3 of recipe (289g)

Nutrients	Amount
<b>Calories</b>	<b>520</b>
<b>Total Fat</b>	<b>12 g</b>
Saturated Fat	2 g
Cholesterol	0 mg
<b>Sodium</b>	<b>688 mg</b>
<b>Total Carbohydrate</b>	<b>87 g</b>
Dietary Fiber	17 g
Total Sugars	3 g
Added Sugars included	0 g
<b>Protein</b>	<b>18 g</b>
Vitamin D	0 mcg
Calcium	114 mg
Iron	5 mg
Potassium	823 mg

Note: only nutrients that are available will show on this display

## MyPlate Food Groups

<span style="color: green;">■</span> Vegetables	1 1/4 cups
<span style="color: orange;">■</span> Grains	2 ounces
<span style="color: purple;">■</span> Protein Foods	3 1/4 ounces



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# Simple Fish Tacos



**Makes:** 6 servings

Seasoned chunks of cod topped with fresh diced tomatoes, shredded cabbage, a squeeze of lime, and a dollop of cilantro-infused sour cream are all served on top of a warm corn tortilla. These fish tacos are the perfect combination of simplicity and excitement.

## Ingredients

- 1/2 cup sour cream (non-fat)
- 1/4 cup mayonnaise (fat-free)
- 1/2 cup fresh cilantro (chopped)
- 1/2 packet taco seasoning (divided)
- 1 pound cod or white fish fillets (cut into 1 inch pieces)
- 1 tablespoon olive oil
- 2 tablespoon lemon juice
- 2 cup red and green cabbage (shredded)
- 2 cup tomato (diced)
- 12 corn tortillas (6-inch, warmed)
- lime wedges (for serving)

## Directions

1. In a small bowl, combine sour cream, mayonnaise, cilantro, and 2 Tbsp seasoning mix.
2. In a medium bowl, combine cod, vegetable oil, lemon juice, and remaining seasoning mix; pour into large skillet. Cook stirring constantly, over medium-high heat for 4-5 minutes or until cod flakes easily when tested with a fork.
3. Fill warm tortillas with fish mixture.
4. Top with cabbage, tomato, sour cream mixture, lime wedges, and taco sauce.

Source: Centers for Disease Control and Prevention,  
[More Matters Recipes](#)

## Nutrition Information

**Serving Size:** 1/6 of recipe (247g)

Nutrients	Amount
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<b>Calories</b>	<b>220</b>
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<b>Total Fat</b>	<b>4 g</b>
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Saturated Fat	1 g
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Cholesterol	36 mg
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<b>Sodium</b>	<b>355 mg</b>
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<b>Total Carbohydrate</b>	<b>32 g</b>
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Dietary Fiber	4 g
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Total Sugars	4 g
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Added Sugars included	1 g
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<b>Protein</b>	<b>15 g</b>
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Vitamin D	0 mcg
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Calcium	90 mg
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Iron	1 mg
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Potassium	499 mg
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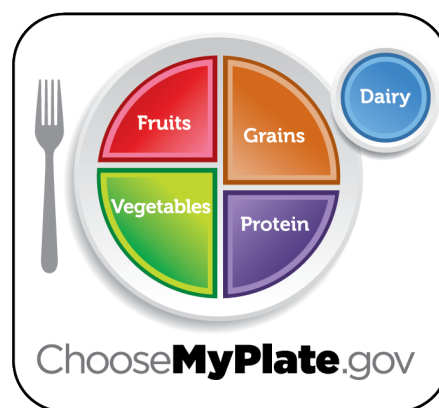
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## MyPlate Food Groups

 Vegetables	3/4 cups
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 Grains	2 ounces
--	----------

 Protein Foods	1 3/4 ounces
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# Crispy Taquitos



**Makes:** 4 servings

Fresh pico de gallo, cooked chicken, veggies, and cheese combine to make these tasty taquitos that are baked, not fried, for a healthy meal or snack.

## Ingredients

- 3 servings Pico de Gallo (2 cups)
- 1/2 cup chicken (cooked, finely chopped)
- 1/2 cup corn (no salt added, canned or frozen, thawed)
- 1/4 cup green onion (chopped)
- 1/4 cup bell pepper (green, chopped)
- 1/2 cup cheddar cheese (shredded, reduced fat, or Monterey jack or queso fresco)
- 12 corn tortillas
- 2 teaspoon vegetable oil

## Directions

1. Heat oven to 425°F. In a medium bowl, combine 1 cup [Pico de Gallo](#), chicken, corn, green onion, bell pepper, and cheese.
2. Soften tortillas on the stovetop or in the microwave oven, and spoon a heaping tablespoon of filling onto the center of each tortilla. Roll up tightly and secure each with a toothpick.
3. Place rolled tortillas seam side down on a baking sheet and brush each lightly with oil. Bake for 10 to 15 minutes or until crisp and lightly browned.
4. Place 3 taquitos on each plate and serve with remaining Pico de Gallo.

Source:

California Champions for Change, [Lunch Recipes](#)  
[California Department of Public Health, Network for a Healthy California](#)

## Nutrition Information

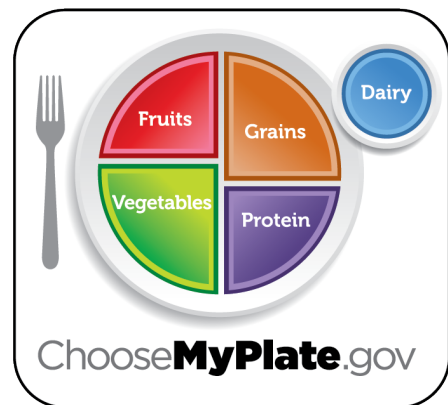
**Serving Size:** 3 taquitos (283g)

Nutrients	Amount
<b>Calories</b>	<b>249</b>
<b>Total Fat</b>	<b>6 g</b>
Saturated Fat	1 g
Cholesterol	19 mg
<b>Sodium</b>	<b>204 mg</b>
<b>Total Carbohydrate</b>	<b>37 g</b>
Dietary Fiber	5 g
Total Sugars	2 g
Added Sugars included	0 g
<b>Protein</b>	<b>13 g</b>
Vitamin D	0 mcg
Calcium	124 mg
Iron	1 mg
Potassium	269 mg

Note: only nutrients that are available will show on this display

## MyPlate Food Groups

<span style="color: green;">■</span> Vegetables	1/4 cups
<span style="color: orange;">■</span> Grains	3 ounces
<span style="color: purple;">■</span> Protein Foods	1/2 ounces
<span style="color: blue;">■</span> Dairy	1/6 cups



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# Layered Black Bean Dip



**Makes:** 16 servings

Looking for a healthy snack for game day? This Layered Black Bean Dip is colorful, wholesome and tasty. Kids in the kitchen can help with the mashing, mixing, and layering. Paired with veggie sticks or baked whole wheat tortilla chips, this recipe is a winner!

## Ingredients

- 1 can black beans (15 ounce, drained and rinsed)
- 1/4 teaspoon onion powder
- 1/4 teaspoon dried oregano
- 1/8 teaspoon garlic powder
- 1/8 teaspoon cayenne pepper
- 1/2 cup salsa (thick and chunky)
- 1/2 cup sour cream (light)
- 1/4 cup green onion (chopped)
- 2 ounce cheddar cheese, reduced fat (grated)

## Directions

1. Mash beans and mix with onion powder, dried oregano, garlic powder and cayenne pepper. Spread on a serving dish.
2. Top with salsa, sour cream, green onions and grated cheese.

Source: Cornell Cooperative Extension of Onondaga County, Good Food Cookbook

## Nutrition Information

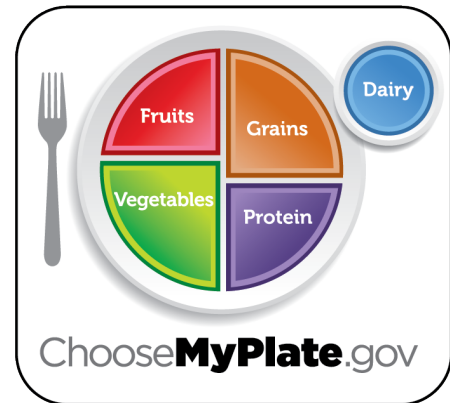
**Serving Size:** 2 tablespoons (39g)

Nutrients	Amount
<b>Calories</b>	<b>61</b>
<b>Total Fat</b>	<b>2 g</b>
Saturated Fat	1 g
Cholesterol	6 mg
<b>Sodium</b>	<b>116 mg</b>
<b>Total Carbohydrate</b>	<b>7 g</b>
Dietary Fiber	2 g
Total Sugars	1 g
Added Sugars included	0 g
<b>Protein</b>	<b>3 g</b>
Vitamin D	0 mcg
Calcium	57 mg
Iron	1 mg
Potassium	149 mg

Note: only nutrients that are available will show on this display

## MyPlate Food Groups

<span style="color: green;">■</span> Vegetables	1/4 cups
<span style="color: purple;">■</span> Protein Foods	3/4 ounces



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# Turkey Tostadas



**Makes:** 4 servings

These tostadas are layered with refried beans, turkey, and cheese to create a delicious and easy dinner. Top with tomatoes, lettuce, and onions to increase your veggies.

## Ingredients

- 2 cup cooked turkey (cut into bite-size pieces, or 2 cups ground turkey, browned in a skillet and drained)
- 2 tablespoon taco seasoning (chili)
- 1 1/2 cup water
- 4 corn tortillas
- 1/4 cup refried beans (low-fat or fat-free)
- 1/4 cup Cheddar or Monterey Jack cheese (shredded, low-fat)
- 1/2 cup tomatoes (chopped)
- 1/2 cup lettuce (shredded)
- 2 tablespoon onion (chopped)
- 8 tablespoon taco sauce (1/2 cup)
- plain yogurt (low-fat or fat-free optional)
- guacamole (or mashed avocado optional)

## Directions

1. Wash and prepare vegetables.
2. In a large skillet over medium heat, combine turkey, taco seasoning, and water.
3. Bring mixture to boil, reduce heat and simmer 5 minutes, stirring occasionally.
4. Place tortillas on a cooking sheet. Bake at 375° for 4-7 minutes or until tortillas are crispy.
5. Spread tortillas with a tablespoon of beans. Top with 1/4 meat mixture and cheese.
6. Return tortillas to oven to cook for 2-3 minutes or until cheese is melted.
7. Top with tomatoes, lettuce, onions and taco sauce. Garnish with yogurt and guacamole, if desired.

Source: UMass Extension Nutrition Education Program, [CHOICES Steps Toward Health](#)

## Nutrition Information

**Serving Size:** 1 tostada (276g)

Nutrients	Amount
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<b>Calories</b>	<b>197</b>
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<b>Total Fat</b>	<b>3 g</b>
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Saturated Fat	1 g
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Cholesterol	53 mg
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<b>Sodium</b>	<b>699 mg</b>
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<b>Total Carbohydrate</b>	<b>19 g</b>
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Dietary Fiber	3 g
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Total Sugars	3 g
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Added Sugars included	0 g
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<b>Protein</b>	<b>24 g</b>
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Vitamin D	0 mcg
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Calcium	69 mg
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Iron	1 mg
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Potassium	434 mg
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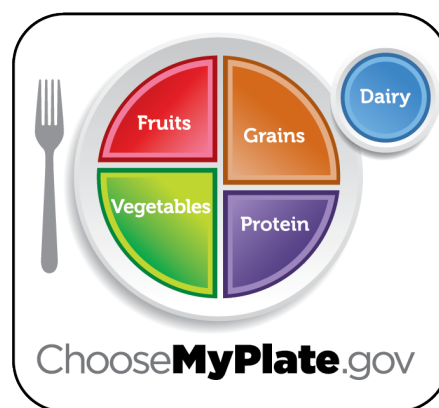
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## MyPlate Food Groups

<span style="color: green;">■</span> Vegetables	1/2 cups
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<span style="color: orange;">■</span> Grains	1 ounce
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<span style="color: purple;">■</span> Protein Foods	2 3/4 ounces
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# Easy Mango Salsa



**Makes:** 4 Servings

**Prep Time:** 10 minutes

The sweetness of fresh mango combined with savory pepper and onion and the zest of lime give this salsa a balance of flavors that are refreshing and crisp. Serve this appetizer with baked tortilla chips or whole grain crackers for a tasty snack.

## Ingredients

- 1 mango (peeled and chopped)
- 1/4 cup chopped green bell pepper
- 1 green onion, chopped
- 1 lime, juiced (1-2 Tablespoons)

## Directions

1. Peel and chop the mango, be sure to remove the seed.
2. Cut the pepper and onion into small pieces.
3. Mix all the ingredients together.

Source: Iowa Department of Public Health. [Iowa Nutrition Network](#).

## Nutrition Information

**Serving Size:** 1/4 of recipe

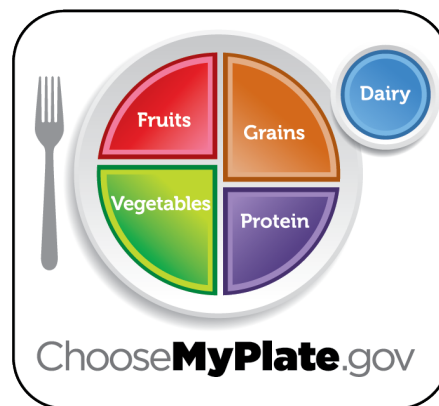
Nutrients	Amount
<b>Calories</b>	<b>37</b>
<b>Total Fat</b>	<b>0 g</b>
Saturated Fat	0 g
Cholesterol	0 mg
<b>Sodium</b>	<b>2 mg</b>
<b>Total Carbohydrate</b>	<b>9 g</b>
Dietary Fiber	1 g
Total Sugars	8 g
Added Sugars included	0 g
<b>Protein</b>	<b>1 g</b>
Vitamin D	0 mcg
Calcium	12 mg
Iron	0 mg
Potassium	123 mg

Note: only nutrients that are available will show on this display

## MyPlate Food Groups

■ Fruits

1/4 cups



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# Mushroom Steak Fajitas



**Makes:** 4 Servings

**Prep Time:** 45 minutes

Bring another serving of vegetables and important nutrients to your plate with this veggie-filled twist on classic fajitas. We've upped the vegetables ante by sautéing savory mushrooms and mixing them with steak for an umami-rich, flavorful punch. And we've sped up the preparation time for this Tex-Mex favorite, foregoing marinating the steak by using a tender cut.

## Ingredients

- 12 ounce sirloin or other boneless steak (about 3/4-inch thick)
- 3 cup sliced cremini mushrooms
- 1 tablespoon no-salt fiesta lime seasoning (divided)
- 1 tablespoon olive oil
- 1 cup green bell pepper slices
- 1 medium red bell pepper (sliced into strips)
- 1 medium yellow bell pepper (sliced into strips)
- 8 whole-wheat tortillas (6-inch)
- 1 medium tomato (diced)
- 2 cup shredded iceberg lettuce
- 4 tablespoon non-fat sour cream

## Directions

1. Slice beef across the grain into 1/4-inch strips. Place in a medium bowl with 1/2 tbsp fiesta lime seasoning; toss to coat.
2. Place mushrooms, peppers, and onion and remaining fiesta lime seasoning in a large bowl; toss to coat.
3. Heat oil in large, non-stick skillet. Add beef strips; cook about 3-4 minutes. Remove from skillet.
4. Place coated vegetables in skillet and sauté until vegetables are slightly tender, about 5-8 minutes.
5. Add beef back to skillet and sauté mixture 1-2 more minutes.
6. Assemble fajitas by dividing beef-vegetable mixture evenly on each tortilla, top with remaining ingredients and roll up.

Source: Produce For Better Health Foundation



## Nutrition Information

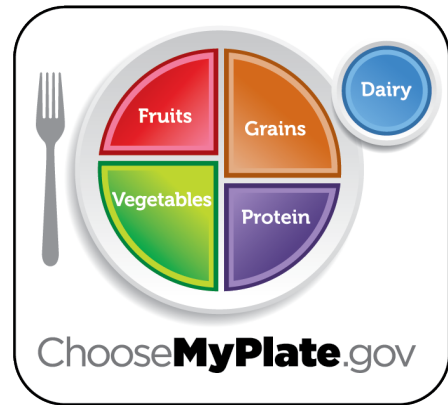
**Serving Size:** 1/4 of the recipe

<b>Nutrients</b>	<b>Amount</b>
<b>Calories</b>	<b>430</b>
<b>Total Fat</b>	<b>16 g</b>
Saturated Fat	5 g
Cholesterol	60 mg
<b>Sodium</b>	<b>590 mg</b>
<b>Total Carbohydrate</b>	<b>46 g</b>
Dietary Fiber	7 g
Total Sugars	4 g
Added Sugars included	0 g
<b>Protein</b>	<b>27 g</b>
Vitamin D	0 mcg
Calcium	60 mg
Iron	2 mg
Potassium	829 mg

Note: only nutrients that are available will show on this display

## MyPlate Food Groups

<span style="color: green;">■</span> Vegetables	1 1/2 cups
<span style="color: orange;">■</span> Grains	2 1/2 ounces
<span style="color: purple;">■</span> Protein Foods	2 1/2 ounces



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# Baked Tortilla Chips



**Makes:** 6 Servings

Use this recipe to make your own whole wheat flour or corn flour tortilla chips.

## Ingredients

- 3 flour tortillas (10-inch, whole wheat)
- cooking oil spray
- salt (dash, optional)

## Directions

- 1) Preheat oven or toaster oven to 400°F.
- 2) Lightly grease a baking sheet with the cooking spray.
- 3) Cut tortillas into 8 sections (as if you were cutting a pizza) and place on baking sheet.
- 4) Spray tops of tortilla sections with cooking spray and lightly salt, if desired.
- 5) Bake for 10 minutes, until crisp and light brown, watching closely so the chips don't burn.

Source:

Colorado State University and University of California at Davis. Eating Smart Being Active Recipes.

## Nutrition Information

**Serving Size:** 4 chips, 1/6 of recipe

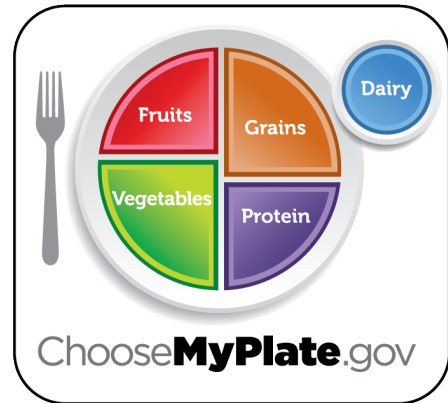
Nutrients	Amount
<b>Calories</b>	<b>92</b>
<b>Total Fat</b>	<b>0 g</b>
Saturated Fat	0 g
Cholesterol	0 mg
<b>Sodium</b>	<b>170 mg</b>
<b>Total Carbohydrate</b>	<b>20 g</b>
Dietary Fiber	2 g
Total Sugars	0 g
Added Sugars included	0 g
<b>Protein</b>	<b>3 g</b>
Vitamin D	0 mcg
Calcium	8 mg
Iron	1 mg
Potassium	84 mg

Note: only nutrients that are available will show on this display

## MyPlate Food Groups

 Grains

1 1/4 ounces



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# Black Bean Quesadillas



**Makes:** 8 Servings

**Prep Time:** 15 minutes

Enjoy a quesadilla any night of the week! This quesadilla recipe can be served as a tasty lunch, dinner or side dish.

## Ingredients

- 3/4 cup chunky salsa (or Pico De Gallo)
- 1 can 15.5 ounce low-sodium black beans (drained and rinsed)
- 2 cup shredded reduced-fat Colby & Monterey Jack cheese
- 2 tablespoon fresh cilantro (finely chopped)
- 4 8 inch flour tortillas
- 1/2 teaspoon extra virgin olive oil

## Directions

1. Using a small-hole strainer, drain liquid from salsa; discard liquid.
  2. Transfer leftover tomato mixture to a medium bowl.
  3. Mix in black beans, cheese, and cilantro until combined.
  4. Divide black bean mixture evenly over half of each tortilla (about 1/2 cup each).
  5. Fold tortillas in half.
  6. Heat large griddle or skillet over medium-high heat.
  7. Brush with oil.
  8. Place filled tortillas on a griddle.
  9. Cook, carefully flipping once, until tortillas are gold brown and crisp and cheese filling melts, about 5 minutes.
  10. Cut quesadillas into wedges.
- Taco Tuesday

Source:

[The Best of La Cocina Goya: Healthy, Tasty, Affordable Latin Cooking](#)

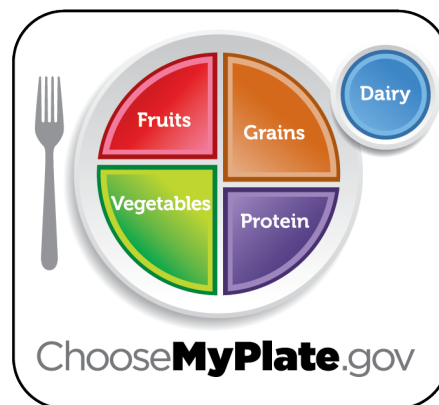
## Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>160</b>
<b>Total Fat</b>	<b>5 g</b>
Saturated Fat	2 g
Cholesterol	5 mg
<b>Sodium</b>	<b>490 mg</b>
<b>Total Carbohydrate</b>	<b>25 g</b>
Dietary Fiber	4 g
Total Sugars	1 g
Added Sugars included	0 g
<b>Protein</b>	<b>7 g</b>
Vitamin D	0 mcg
Calcium	96 mg
Iron	2 mg
Potassium	287 mg

Note: only nutrients that are available will show on this display

## MyPlate Food Groups

<span style="color: green;">■</span> Vegetables	1/4 cups
<span style="color: orange;">■</span> Grains	1 ounce



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