



United States Department of Agriculture

MyPlate KITCHEN

**BREAKFAST.... BEST WAY
TO START YOUR DAY**

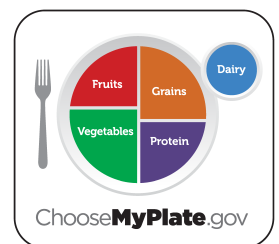


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Sure to Please Baked Eggs & Cheese



Makes: 4 servings

Add your favorite veggies to dress up this cheese and egg dish, or serve with fresh salsa.

Ingredients

- 1 tablespoon oil
- 6 eggs
- 1/2 cup non-fat milk
- 1/2 cup low-fat cheese (grated)
- 1 teaspoon garlic powder
- 1 1/2 teaspoon oregano

Directions

1. Preheat oven to 350 degrees.
2. Put oil in a medium baking dish or small cake pan and heat in the oven for a few minutes.
3. In a bowl, beat eggs. Mix in remaining ingredients. Pour into hot pan.
4. Bake 20 minutes or until eggs are firm. Serve immediately.

* 4 eggs and 4 egg whites may be used instead of 6 eggs to reduce fat and cholesterol (nutrient analysis reflects this modification).

Source: University of Wisconsin, Cooperative Extension Service, Healthy Snacks
University of Wisconsin Cooperative Extension Service

Nutrition Information

Serving Size: 1/4 of recipe (133g)

Nutrients Amount

Calories 163

Total Fat 11 g

Saturated Fat 3 g

Cholesterol 249 mg

Sodium 194 mg

Total Carbohydrate 3 g

Dietary Fiber 0 g

Total Sugars 2 g

Added Sugars included 0 g

Protein 13 g

Vitamin D 2 mcg

Calcium 140 mg

Iron 1 mg

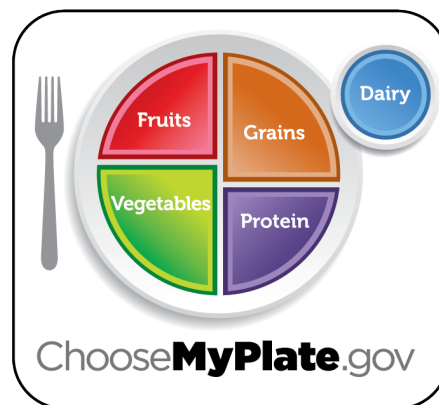
Potassium 162 mg

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

MyPlate Food Groups

 Protein Foods 1 1/4 ounces

 Dairy 1/4 cups



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Quesadilla con Huevos



Makes: 4 servings

Tortillas, eggs, cheese, and salsa can be enjoyed at any meal. Enjoy this main dish with a salad and a piece of fruit for a well balanced lunch.

Ingredients

- 1/2 cup cheddar or cojack cheese (grated)
- 2 egg (scrambled)
- 4 flour tortillas (6 - 8 inch)
- 4 salsa (4 Tablespoons, optional)

Directions

1. Put 2 Tablespoons cheese and 1/4 of the scrambled eggs on each tortilla.
2. Heat 2 quesadillas at a time in microwave on high for 30 to 45 seconds or until cheese melts.
3. Top with salsa and fold tortilla in half to serve.

Source: Kansas Family Nutrition Program, [Kids a Cookin'](#)

Nutrition Information

Serving Size: 1 Quesadilla con Huevos, 1/4 of the recipe (85g)

Nutrients Amount

Calories 252

Total Fat 11 g

Saturated Fat 5 g

Cholesterol 108 mg

Sodium 448 mg

Total Carbohydrate 27 g

Dietary Fiber 2 g

Total Sugars 1 g

Added Sugars included 0 g

Protein 11 g

Vitamin D 1 mcg

Calcium 182 mg

Iron 2 mg

Potassium 127 mg

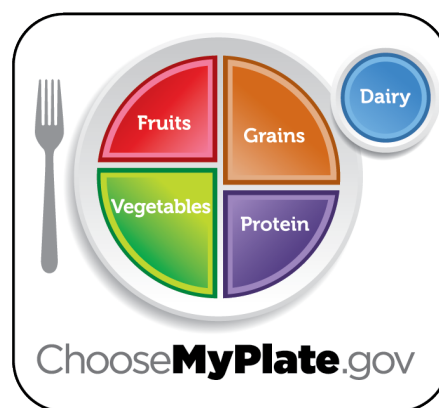
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MyPlate Food Groups

 Grains 1 3/4 ounces

 Protein Foods 1/2 ounces

 Dairy 1/3 cups



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Basic Quiche



Makes: 6 servings

You can vary this recipe by using whatever vegetables you have on hand (fresh, frozen, or canned)!

Ingredients

- 1 pie crust (baked, 9-inch)
- 1 cup vegetables (chopped, broccoli, zucchini, or mushrooms)
- 1/2 cup cheese (shredded)
- 3 egg (beaten)
- 1 cup milk (non-fat)
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 teaspoon garlic powder

Directions

1. Preheat the oven to 375 degrees.
2. Shred the cheese with a grater. Put it in a small bowl for now.
3. Chop the vegetables until you have 1 cup of chopped vegetables.
4. Cook the vegetables until they are cooked, but still crisp.
5. Put the cooked vegetables and shredded cheese into a pie shell.
6. Mix the eggs, milk, salt, pepper, and garlic powder in a bowl.
7. Pour the egg mix over the cheese and vegetables
8. Bake for 30-40 minutes, or until a knife inserted near the center comes out clean.
9. Let the quiche cool for 5 minutes before serving

Source: Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network
Recetas del Sitio Web

Nutrition Information

Serving Size: 1 slice, 1/6 of recipe (128g)

Nutrients Amount

Calories 133

Total Fat 7 g

Saturated Fat 3 g

Cholesterol 104 mg

Sodium 338 mg

Total Carbohydrate 9 g

Dietary Fiber 2 g

Total Sugars 3 g

Added Sugars included 0 g

Protein 8 g

Vitamin D 1 mcg

Calcium 141 mg

Iron 1 mg

Potassium 170 mg

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

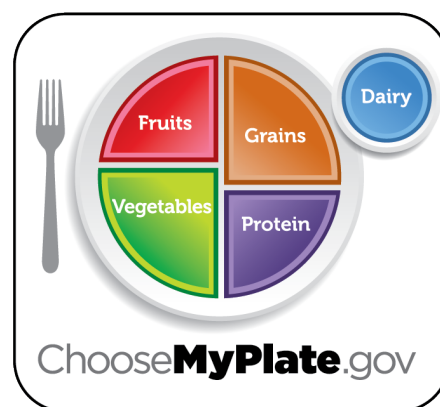
MyPlate Food Groups

 Vegetables 1/6 cups

 Grains 1/4 ounces

 Protein Foods 1/2 ounces

 Dairy 1/2 cups



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Microwave Denver Scramble Slider



Makes: 1 Servings

Prep Time: 5 minutes

Cook Time: 1 minutes

This quick egg scramble sandwich is made fast in the microwave for a great on-the-go breakfast, lunch or snack.

Ingredients

- 2 tablespoon chopped red or green bell peppers
- 1 tablespoon chopped onion
- 1 egg
- 1 thin slice deli ham (chopped)
- 1 tablespoon water
- 1 slider-size bun or whole wheat English muffin (split and toasted)

Directions

1. Place peppers and onions in 8-oz. ramekin or custard cup, or in a small bowl. Microwave on high 30 seconds; stir. Add egg, ham and water, beat until egg is blended.
2. Microwave on high 30 seconds; stir. Microwave until egg is almost set, 30 to 45 seconds longer. Season with salt and pepper, if desired.
3. Serve in bun.

Source: [Meeting Your MyPlate Goals on a Budget](#) Toolkit by MyPlate National Strategic Partners

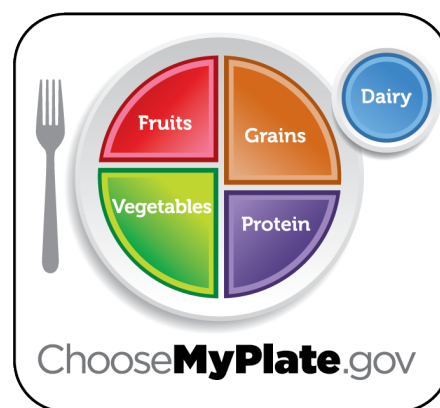
Nutrition Information

Nutrients	Amount
Calories	240
Total Fat	6 g
Saturated Fat	2 g
Cholesterol	185 mg
Sodium	550 mg
Total Carbohydrate	29 g
Dietary Fiber	4 g
Total Sugars	9 g
Added Sugars included	4 g
Protein	16 g
Vitamin D	1 mcg
Calcium	80 mg
Iron	3 mg
Potassium	335 mg

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

MyPlate Food Groups

	Vegetables	1/4 cups
	Grains	2 ounces
	Protein Foods	2 ounces



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Pumpkin Chocolate Muffins



Makes: 24 Muffins

This dense, moist chocolate muffin contains no fats or oils. The secret ingredient is canned (or pureed) pumpkin that binds the ingredients together for a tasty, satisfying treat.

Ingredients

- 2 cup all-purpose flour
- 3/4 cup sugar
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 cup cocoa powder
- 1 can pumpkin
- 1 cup water
- 1/2 cup chocolate chips

Directions

1. Whisk all the dry ingredients together. Add pumpkin and water.
2. Fold the wet ingredients into the dry ingredients until just combined. Fold in chocolate chips.
3. Place batter into 24 prepared muffin tins and bake at 350°F for 10-12 minutes.

Source: Michigan State University Extension - Midland County. With Veggies, More Matters!

Nutrition Information

Serving Size: 1 muffin, 1/24 of recipe

Nutrients	Amount
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Calories	90
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Total Fat	1 g
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Saturated Fat	1 g
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Cholesterol	0 mg
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Sodium	76 mg
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Total Carbohydrate	19 g
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Dietary Fiber	2 g
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Total Sugars	9 g
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Added Sugars included	8 g
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Protein	2 g
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Vitamin D	0 mcg
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Calcium	21 mg
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Iron	1 mg
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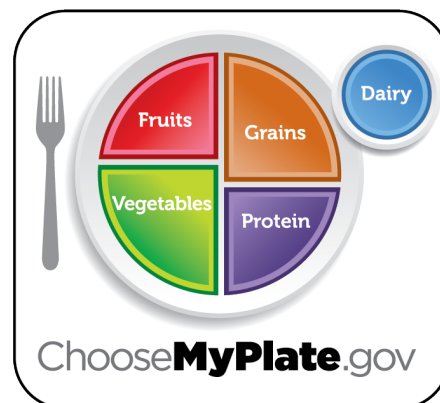
Potassium	88 mg
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Note: only nutrients that are available will show on this display

MyPlate Food Groups

 Grains

3/4 ounces



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Lo's Blueberry Coffee Cake



Makes: 8 servings

A delicious addition to your breakfast table, or enjoy a slice as an afternoon snack. Fresh berries work well, but if they aren't available or in season, try this recipe with (thawed) frozen berries. Either way, it's sure to please!

Ingredients

- 1 egg
- 1/2 cup non-fat milk
- 1/2 cup yogurt, non-fat vanilla
- 3 tablespoon canola oil
- 1/4 teaspoon cinnamon
- 2 teaspoon lemon peel (grated, yellow only)
- 2 cup flour
- 1/2 cup sugar
- 4 teaspoon baking powder
- 1/2 teaspoon salt
- 1 1/2 cup fresh (or frozen unsweetened) blueberries
- Topping Ingredients:
- 3 tablespoon sugar
- 1/8 cup walnuts (coarsely chopped)

Directions

1. Preheat oven to 400 degrees. Position rack in the center of the oven.
2. In a large bowl whisk together the egg, milk, yogurt, oil and lemon peel.
3. Sift the flour, sugar, baking powder and salt onto the liquid ingredients. Using a fork, stir very lightly, just until ingredients are combined.
4. Gently fold in the blueberries. Pour the batter into an 8- or 9-inch baking pan coated with nonstick spray.
5. In a small bowl combine the topping ingredients. Sprinkle evenly over the cake batter.
6. Bake a 400 degrees for 30 to 35 minutes or until the top is lightly browned and a wooden toothpick inserted in the center comes out clean.

7. Allow the cake to cool in the baking pan on a wire rack for at least 10 minutes.
8. Serve warm or at room temperature.

Source: California Department of Health Services, [California's Chefs Cook Lean California Project LEAN](#)

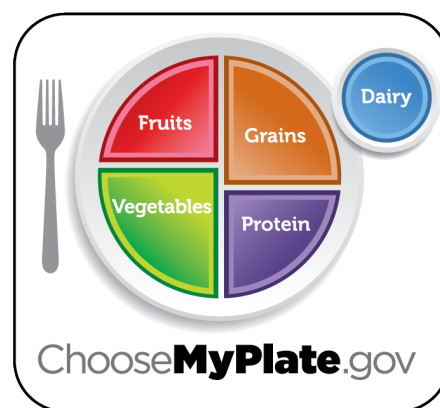
Nutrition Information

Nutrients	Amount
Calories	278
Total Fat	7 g
Saturated Fat	1 g
Cholesterol	24 mg
Sodium	415 mg
Total Carbohydrate	49 g
Dietary Fiber	2 g
Total Sugars	23 g
Added Sugars included	18 g
Protein	6 g
Vitamin D	0 mcg
Calcium	190 mg
Iron	2 mg
Potassium	124 mg

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

MyPlate Food Groups

 Fruits	1/4 cups
 Grains	1 3/4 ounces
 Protein Foods	1/4 ounces



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Granola Bars



Makes: 24 servings

Make your own granola bars at home. This recipe combines raisins, carrots, oats, and honey for a healthy snack or breakfast on-the-go.

Ingredients

- 1 cup honey
- 1 cup peanut butter
- 3 1/2 cup rolled oats
- 1/2 cup raisins
- 1/2 cup carrot (grated)
- 1/2 cup coconut

Directions

1. Preheat oven to 350 degrees.
2. Peel and grate the carrots.
3. Put the honey and peanut butter in a large saucepan. Cook on low heat until they melt.
4. Remove the pan from the heat. Turn off the burner.
5. Add oatmeal, raisins, carrots, and coconut to the saucepan. Stir well, and let it cool until you can safely touch it with your hands.
6. Put the mix into a 9"x13" baking pan.
7. Press the mix firmly into the bottom of the pan.
8. Bake for 25 minutes.
9. Cut into 24 bars.

Source: Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network
Website Recipes

Nutrition Information

Serving Size: 1 bar, 1/24 of recipe (43g)

Nutrients Amount

Calories 168

Total Fat 7 g

Saturated Fat 2 g

Cholesterol 0 mg

Sodium 44 mg

Total Carbohydrate 24 g

Dietary Fiber 2 g

Total Sugars 15 g

Added Sugars included 12 g

Protein 4 g

Vitamin D 0 mcg

Calcium 14 mg

Iron 1 mg

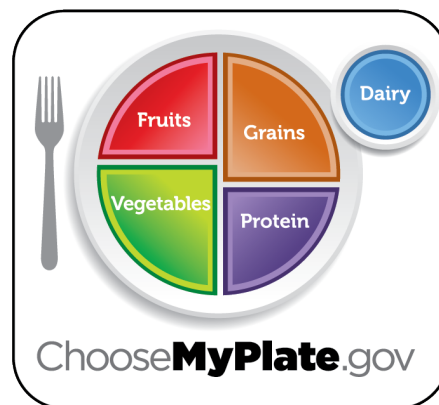
Potassium 171 mg

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

MyPlate Food Groups

 Grains 1/2 ounces

 Protein Foods 2/3 ounces



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Banana Walnut Oatmeal



Makes: 4 servings

If your bananas are turning ripe before you're ready to eat them or use them in a recipe that calls for very ripe or mashed bananas, pop them in the freezer and thaw before using. The peel will turn very dark but the taste and texture of the bananas will be recipe-ready when you are.

Ingredients

- 2/3 cup milk (non-fat, dry)
- 1 dash salt
- 2 3/4 cup water
- 2 cup oats (quick cooking)
- 2 bananas (very ripe, mashed)
- 2 tablespoon maple syrup
- 2 tablespoon walnuts (chopped)

Directions

1. In a small saucepan, combine reconstituted non-fat dry milk, salt, and additional water. Heat over medium heat until steaming hot, but not boiling.
2. Add oats and cook, stirring until creamy, 1 to 2 minutes.
3. Remove the pan from heat and stir in mashed banana and maple syrup. Divide between 4 bowls, garnish with walnuts, and serve.

Source: United States Department of Agriculture,
USDA's Collection of Nonfat Dry Milk (NDM) Recetas

Nutrition Information

Serving Size: 1/4 of recipe

Nutrients	Amount
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Calories	292
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Total Fat	6 g
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Saturated Fat	1 g
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Cholesterol	2 mg
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Sodium	118 mg
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Total Carbohydrate	52 g
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Dietary Fiber	5 g
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Total Sugars	21 g
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Added Sugars included	6 g
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Protein	11 g
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Vitamin D	1 mcg
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Calcium	180 mg
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Iron	2 mg
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Potassium	590 mg
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Note: only nutrients that are available will show on this display

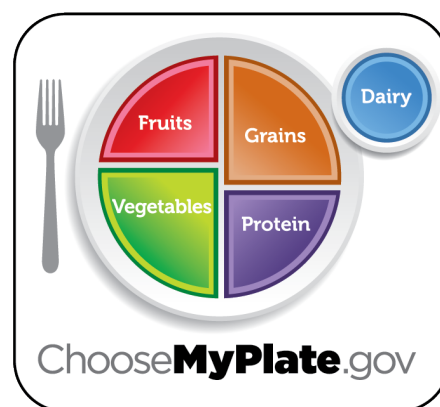
MyPlate Food Groups

 Fruits	1/2 cups
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 Grains	1 3/4 ounces
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 Protein Foods	1/4 ounces
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 Dairy	1/2 cups
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Ham and Swiss Breakfast Casserole



Makes: 6 Servings

This is a quick and easy ham, egg, and cheese casserole. Prepare it the night before and bake it in the morning for a hot meal for your family or guests.

Ingredients

- 6 ounce ham, thinly sliced, low sodium, extra lean (NOT honey-baked ham)
- 6 ounce Swiss cheese, shredded
- 3 slice enriched white bread
- 3 slice whole wheat bread
- 1 cup skim milk
- 2 large eggs
- 1 tablespoon yellow mustard
- 1/2 teaspoon "beau monde" seasoning (or alternate)
- 1/2 teaspoon Worcestershire sauce
- 1 teaspoon onion powder

Directions

1. Lightly spray an 8" x 8" baking pan with non-stick spray.
2. Lay 3 slices of bread in the bottom. Layer ½ the ham and ½ the cheese. Repeat layer of bread, ham and cheese.
3. Beat together remaining ingredients and pour over the casserole. Cover and refrigerate overnight.
4. Bake, uncovered, for 1 hour at 325 degrees F; serve hot.

Source: The "Grain Chain"

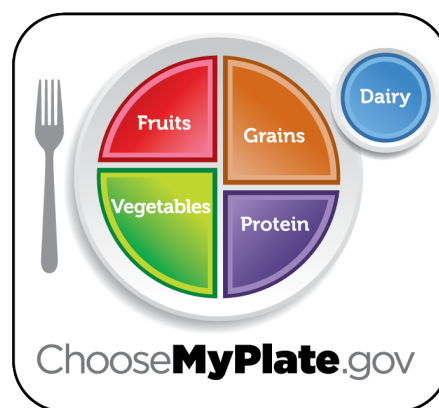
Nutrition Information

Nutrients	Amount
Calories	251
Total Fat	11 g
Saturated Fat	6 g
Cholesterol	112 mg
Sodium	N/A
Total Carbohydrate	17 g
Dietary Fiber	2 g
Total Sugars	4 g
Added Sugars included	1 g
Protein	20 g
Vitamin D	1 mcg
Calcium	332 mg
Iron	2 mg
Potassium	245 mg

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

MyPlate Food Groups

	Grains	1 ounce
	Protein Foods	1 1/2 ounces
	Dairy	3/4 cups



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Whole Grain Strawberry Pancakes



Makes: 7 Servings

Whole wheat flour adds a nutty flavor and texture to these great-tasting pancakes. Dish these up with berries and a glass of milk on the side for a wholesome start to your day!

Ingredients

- 1 1/2 cup whole wheat flour
- 3 tablespoon sugar
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 3 eggs
- 1 container vanilla low-fat yogurt (6 oz)
- 3/4 cup water
- 3 tablespoon canola oil
- 1 3/4 cup sliced fresh strawberries
- 1 container strawberry low-fat yogurt (6 oz)

Directions

1. Heat griddle to 375°F or heat 12-inch skillet over medium heat. Grease with canola oil if necessary (or spray with cooking spray before heating).
2. In large bowl, mix flour, sugar, baking powder, baking soda and salt; set aside.
3. In medium bowl, beat eggs, vanilla yogurt, water and oil with egg beater or wire whisk until well blended.
4. Pour egg mixture all at once into flour mixture; stir until moistened.
5. For each pancake, pour slightly less than 1/4 cup batter from cup or pitcher onto hot griddle. Cook pancakes 1 to 2 minutes or until bubbly on top, puffed and dry around edges. Turn; cook other sides 1 to 2 minutes or until golden brown.
6. Top each serving (2 pancakes) with 1/4 cup sliced strawberries and 1 to 2 tablespoons strawberry yogurt.

Nutrition Information

Serving Size: 2 pancakes

Nutrients	Amount
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Calories	260
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Total Fat	9 g
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Saturated Fat	2 g
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Cholesterol	93 mg
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Sodium	390 mg
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Total Carbohydrate	36 g
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Dietary Fiber	4 g
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Total Sugars	16 g
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Added Sugars included	10 g
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Protein	9 g
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Vitamin D	1 mcg
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Calcium	144 mg
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Iron	2 mg
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Potassium	300 mg
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Note: only nutrients that are available will show on this display

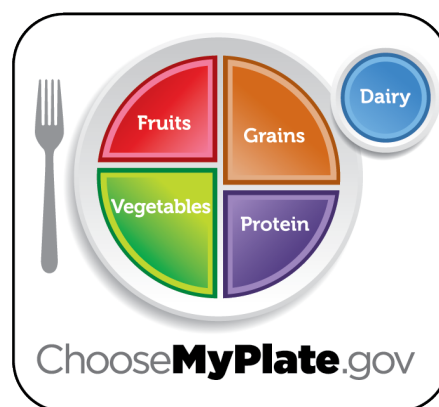
MyPlate Food Groups

 Fruits	1/4 cups
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 Grains	1 1/2 ounces
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 Protein Foods	1/2 ounces
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 Dairy	1/4 cups
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Sweet Potato Hash with Egg



Makes: 4 Servings

Cook Time: 60 minutes

The unique hash is made with sweet potatoes sautéed with chicken sausage, onion, bell pepper and garlic. Top with a pan-fried egg for a delicious breakfast.

Ingredients

- 2 large sweet potatoes (cut into cubes, about 4 cups)
- 1 cup water
- 1 tablespoon vegetable oil
- 1 teaspoon vegetable oil
- 2 chicken sausages
- 1 small yellow onion (peeled and diced)
- 1 bell pepper (cored and diced)
- 2 clove garlic (peeled and minced)
- 4 large eggs

Directions

1. Put sweet potatoes and water in a skillet and bring to a boil over high heat.
2. Reduce heat to low and cook about 20 minutes, stirring occasionally, until the water has been absorbed by the sweet potatoes.
3. Add oil, sausage, onion, bell pepper and garlic to the skillet with the sweet potatoes. Cook about 20 minutes, stirring occasionally, until the onion is lightly browned and the sweet potatoes are tender.
4. Divide the hash between 4 plates and return the skillet to the stove.
5. Reheat the skillet over medium high heat and when it is hot, add the remaining 1 teaspoon oil.
6. Add the eggs, one at a time, and cook about 3-5 minutes until the whites are solid and the yolks begin to thicken but are not hard. Flip the egg and cook for one more minute.

7. Top sweet potato hash with an egg and serve right away.

Source: USDA Center for Nutrition Policy and Promotion

Nutrition Information

Serving Size: 3-4 ounce

Nutrients Amount

Calories 346

Total Fat 14 g

Saturated Fat 3 g

Cholesterol 252 mg

Sodium 405 mg

Total Carbohydrate 35 g

Dietary Fiber 6 g

Total Sugars 8 g

Added Sugars included 0 g

Protein 20 g

Vitamin D 1 mcg

Calcium 93 mg

Iron 4 mg

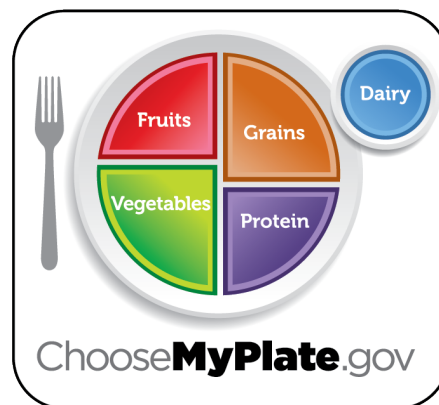
Potassium 864 mg

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

MyPlate Food Groups

 Vegetables 1 cup

 Protein Foods 2 1/2 ounces



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Light as a Feather Whole Wheat Pancakes



Makes: 12 Servings

Adding more whole grains to your diet is easy with this tasty pancake recipe.

Ingredients

- 1 1/3 cup whole wheat flour
- 1 1/2 teaspoon baking powder
- 1/4 teaspoon salt
- 1/4 teaspoon baking soda
- 1 egg, large
- 1 teaspoon brown sugar (1 Tablespoon, packed)
- 1 1/3 cup buttermilk, 1%
- 1 tablespoon oil

Directions

1. Preheat griddle. In medium bowl, stir or sift dry ingredients together.
2. In a separate bowl, beat egg, buttermilk, brown sugar and oil together. Stir into dry ingredients just until moistened; batter should be slightly lumpy.
3. Pour 1/4 cup batter for each pancake onto sprayed or seasoned hot griddle.
4. Flip the pancake when bubbles appear on surface; turn only once.

Source: Original Publication: FN695, "Now Serving Whole Grains".
North Dakota State University Extension Service

[Recipe link.](#)

Nutrition Information

Serving Size: 1 4" pancake, 1/12 of recipe (48g)

Nutrients Amount

Calories **77**

Total Fat **2 g**

Saturated Fat 0 g

Cholesterol 17 mg

Sodium **194 mg**

Total Carbohydrate **12 g**

Dietary Fiber 1 g

Total Sugars 2 g

Added Sugars included 1 g

Protein **3 g**

Vitamin D 0 mcg

Calcium 73 mg

Iron 1 mg

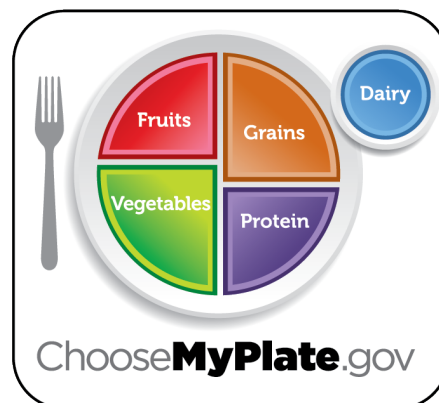
Potassium 97 mg

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

MyPlate Food Groups

 Grains

5/6 ounces



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Garden Frittata



Makes: 4 Servings

Prep Time: 25 minutes

This frittata with its blend of colorful vegetables and fresh eggs makes a deliciously nutritious single-dish meal for breakfast, brunch, or supper.

Ingredients

- 4 large eggs
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon salt
- 2 medium unpeeled red potatoes
- 1/2 tablespoon olive oil
- 4 cup Italian kale, or other kale variety
- 1/4 cup chopped onion
- 1/2 red bell pepper (chopped)

Directions

1. Beat eggs, pepper, and salt in large bowl, set aside.
2. Microwave potatoes until slightly soft, but not completely cooked, then cube. (Alternate method without microwave: cube potatoes and boil 5 minutes until slightly soft, drain)
3. Chop remaining vegetables while potatoes cool. Mix vegetables together.
4. Heat oil in a 10-inch non -stick skillet. Sauté vegetables for 5-8 minutes; add to eggs and mix well.
5. Pour egg-vegetable mixture into the same skillet. Cook over low to medium heat until eggs are almost set, about 8-10 minutes.
6. Cover and let sit until eggs are completely set, about 5 minutes. Egg dishes should be cooked to 160°F.

Source: Produce For Better Health Foundation

Nutrition Information

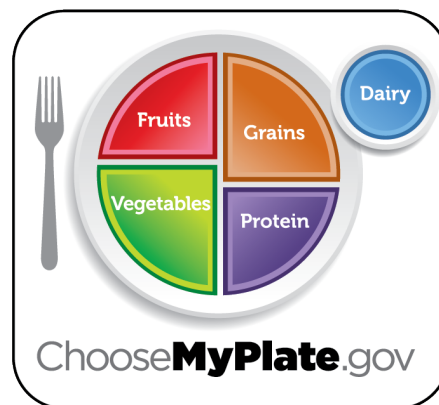
Nutrients	Amount
Calories	180
Total Fat	7 g
Saturated Fat	2 g
Cholesterol	185 mg
Sodium	240 mg
Total Carbohydrate	22 g
Dietary Fiber	3 g
Total Sugars	3 g
Added Sugars included	0 g
Protein	9 g
Vitamin D	1 mcg
Calcium	80 mg
Iron	3 mg
Potassium	900 mg

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

MyPlate Food Groups

 Vegetables 1 1/4 cups

 Protein Foods 1 ounce



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