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| --- | --- | --- | --- | --- | --- | --- |
| Menu | Servings | Meal Price | Section Name | Nutrient | Values | Recommended Minimum Per Meal (%) |
| Optimal combination of foods for one meal costs $6.07 | | | | | | |
| Loaded Beef Nachos | 1.0 | 6.07 | Nachos | Calories | 1030.0 | 128.75 |
| Spicy Potato Soft Taco | 1.0 |  | Veggie Cravings | Protein (g) | 26.0 | 144.44 |
| Cheesy Toasted Breakfast Burrito Potato | 1.0 |  | Breakfast | Total Carbohydrate (g) | 116.0 | 269.77 |
|  |  |  |  | Dietary Fiber (g) | 14.0 | 155.56 |
|  |  |  |  | Total Fat (g) | 51.0 | 164.52 |
|  |  |  |  | Saturated Fat (g) | 12.0 | 150.0 |
|  |  |  |  | Trans Fat (g) | 0.0 | 0.0 |
|  |  |  |  | Cholesterol (mg) | 125.0 | 125.0 |
|  |  |  |  | Sodium (mg) | 2170.0 | 283.29 |
|  |  |  |  | Sugars (g) | 10.0 | 333.33 |
|  |  |  |  | Potassium (mg) | 1230.0 | 108.56 |
|  |  |  |  | Iron (mg) | 6.0 | 300.0 |
|  |  |  |  | Calcium (mg) | 360.0 | 108.11 |