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| Menu | Servings | Nutrient | Values | Recommended Minimum Per Meal (%) |
| Optimal combination of foods for one meal costs $4.69 | | | | |
| Cheesy Bean and Rice Burrito | 3.0 | Calories | 1600.0 | 200.0 |
| Cheesy Toasted Breakfast Burrito Potato | 1.0 | Protein (g) | 36.0 | 200.0 |
|  |  | Total Carbohydrate (g) | 209.0 | 486.05 |
|  |  | Dietary Fiber (g) | 24.0 | 266.67 |
|  |  | Total Fat (g) | 62.0 | 200.0 |
|  |  | Saturated Fat (g) | 16.0 | 200.0 |
|  |  | Trans Fat (g) | 0.0 | 0.0 |
|  |  | Cholesterol (mg) | 110.0 | 110.0 |
|  |  | Sodium (mg) | 3530.0 | 460.84 |
|  |  | Sugars (g) | 19.0 | 633.33 |
|  |  | Potassium (mg) | 1430.0 | 126.21 |
|  |  | Iron (mg) | 13.0 | 650.0 |
|  |  | Calcium (mg) | 630.0 | 189.19 |