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| --- | --- | --- | --- | --- | --- | --- |
| Menu | Servings | Meal Price | Section Name | Nutrient | Values | Recommended Minimum Per Meal (%) |
| Optimal combination of foods for one meal costs $4.92 | | | | | | |
| Cheesy Bean and Rice Burrito | 2.18 | 4.92 | Veggie Cravings | Calories | 1232.73 | 154.09 |
| Cheesy Toasted Breakfast Burrito Potato | 0.94 |  | Breakfast | Protein (g) | 28.0 | 155.56 |
|  |  |  |  | Total Carbohydrate (g) | 161.0 | 374.42 |
|  |  |  |  | Dietary Fiber (g) | 16.0 | 177.78 |
|  |  |  |  | Total Fat (g) | 50.0 | 161.29 |
|  |  |  |  | Saturated Fat (g) | 13.0 | 162.5 |
|  |  |  |  | Trans Fat (g) | 0.0 | 0.0 |
|  |  |  |  | Cholesterol (mg) | 100.0 | 100.0 |
|  |  |  |  | Sodium (mg) | 2767.0 | 361.23 |
|  |  |  |  | Sugars (g) | 15.0 | 500.0 |
|  |  |  |  | Potassium (mg) | 1133.0 | 100.0 |
|  |  |  |  | Iron (mg) | 10.0 | 500.0 |
|  |  |  |  | Calcium (mg) | 489.0 | 146.85 |