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| Menu | Servings | Nutrient | Values | Recommended Minimum Per Meal (%) |
| Optimal combination of foods for one meal costs $3.82 | | | | |
| Cheesy Bean and Rice Burrito | 2.24 | Calories | 1258.34 | 157.29 |
| Cheesy Toasted Breakfast Burrito Potato | 0.93 | Protein (g) | 28.0 | 155.56 |
|  |  | Total Carbohydrate (g) | 164.0 | 381.4 |
|  |  | Dietary Fiber (g) | 19.0 | 211.11 |
|  |  | Total Fat (g) | 49.0 | 158.06 |
|  |  | Saturated Fat (g) | 12.0 | 150.0 |
|  |  | Trans Fat (g) | 0.0 | 0.0 |
|  |  | Cholesterol (mg) | 100.0 | 100.0 |
|  |  | Sodium (mg) | 2780.0 | 362.92 |
|  |  | Sugars (g) | 15.0 | 500.0 |
|  |  | Potassium (mg) | 1133.0 | 100.0 |
|  |  | Iron (mg) | 11.0 | 550.0 |
|  |  | Calcium (mg) | 498.0 | 149.55 |