



Barbecue Hobo Supper



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



488 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 pound baby carrots
- ☐ 0.5 cup barbecue sauce
- ☐ 1.5 pounds ground round
- ☐ 1 pound new potatoes cut in half
- ☐ 1 medium onion cut into 8 wedges
- ☐ 0.5 teaspoon pepper
- ☐ 1 large bell pepper green red cut into 8 wedges
- ☐ 0.5 teaspoon salt

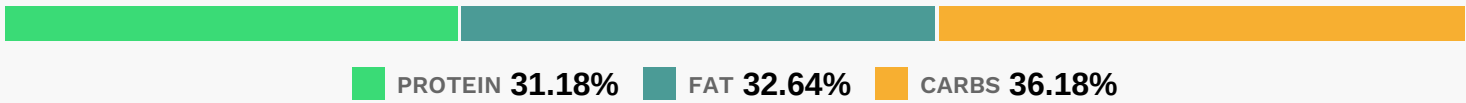
Equipment

- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Tear off 4 (18- x 12-inch) heavy-duty aluminum foil sheets.
- ☐ Combine ground round and 1/4 cup barbecue sauce; shape into 4 patties.
- ☐ Place 1 patty in center of each foil sheet; sprinkle evenly with salt and pepper. Top evenly with remaining 1/4 cup barbecue sauce, baby carrots, and remaining ingredients.
- ☐ Bring up 2 sides of each aluminum foil sheet, and double fold with about 1-inch-wide folds. Double fold each end to form a packet, leaving room for heat circulation inside packet.
- ☐ Grill, covered with grill lid, over medium-high heat (350 to 40
- ☐ to 15 minutes on each side or until ground beef is no longer pink and vegetables are tender.

Nutrition Facts



Properties

Glycemic Index:38.19, Glycemic Load:15.22, Inflammation Score:-10, Nutrition Score:31.976522108783%

Flavonoids

Luteolin: 1.94mg, Luteolin: 1.94mg, Luteolin: 1.94mg, Luteolin: 1.94mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 1.11mg, Kaempferol: 1.11mg, Kaempferol: 1.11mg, Kaempferol: 1.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.28mg, Quercetin: 7.28mg, Quercetin: 7.28mg

Nutrients (% of daily need)

Calories: 487.85kcal (24.39%), Fat: 17.52g (26.95%), Saturated Fat: 7g (43.75%), Carbohydrates: 43.7g (14.57%), Net Carbohydrates: 38.01g (13.82%), Sugar: 17.6g (19.56%), Cholesterol: 110.56mg (36.85%), Sodium: 824.58mg (35.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.65g (75.29%), Vitamin A: 8054.76IU (161.1%), Vitamin C: 59.03mg (71.55%), Vitamin B12: 3.76µg (62.65%), Vitamin B6: 1.17mg (58.7%), Zinc: 8.74mg (58.25%), Vitamin B3: 10.58mg (52.91%), Selenium: 29.7µg (42.43%), Phosphorus: 417.21mg (41.72%), Potassium: 1356.02mg (38.74%), Iron: 5.65mg (31.4%), Fiber: 5.69g (22.75%), Manganese: 0.44mg (21.96%), Vitamin B2: 0.36mg (21.26%),

Magnesium: 77.7mg (19.43%), Copper: 0.37mg (18.44%), Vitamin B5: 1.71mg (17.12%), Vitamin B1: 0.22mg (14.91%), Folate: 53.74µg (13.44%), Vitamin K: 13.04µg (12.42%), Calcium: 75.67mg (7.57%), Vitamin E: 1mg (6.68%), Vitamin D: 0.17µg (1.13%)