



 **76%**
HEALTH SCORE

Burger and Veggie Foil Packs

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



55 min.

SERVINGS



4

CALORIES



4020 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 ears corn frozen
- 1 pound ground beef
- 32 fat-trimmed beef flank steak frozen (from 28-ounce bag)
- 0.5 teaspoon onion powder
- 0.5 teaspoon garlic
- 1 teaspoon garlic
- 0.3 teaspoon salt
- 2 cups sugar snap peas frozen (from 1-pound bag)

- 1 tablespoon worcestershire sauce

Equipment

- baking sheet
- oven
- kitchen thermometer
- aluminum foil

Directions

- Heat oven to 45
- Cut four 18x12-inch sheets of aluminum foil.
- Mix beef, Worcestershire sauce, 1 teaspoon garlic-pepper blend, the onion powder and salt. Shape mixture into 4 patties, about 1/4 inch thick.
- Place 1 patty on each foil sheet about 2 inches from 12-inch side. Top each with 1/2 cup vegetables and 8 steak fries.
- Place 1 piece of corn next to each patty. Divide remaining 1/2 teaspoon garlic-pepper blend among vegetables. Bring up 2 sides of foil so edges meet. Seal edges, making tight 1/2-inch fold; fold again, allowing space for heat circulation and expansion. Fold other sides to seal.
- Place packets on large cookie sheet.
- Bake 35 to 40 minutes or until meat thermometer inserted in center of patties reads 160F.
- Place packets on plates. To serve, cut large X across top of each packet; carefully fold back foil.

Nutrition Facts

 **PROTEIN 39.04%**  **FAT 58.78%**  **CARBS 2.18%**

Properties

Glycemic Index:15, Glycemic Load:0.1, Inflammation Score:-9, Nutrition Score:60.430869465289%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 4019.78kcal (200.99%), Fat: 262.64g (404.07%), Saturated Fat: 116.59g (728.67%), Carbohydrates: 21.92g (7.31%), Net Carbohydrates: 18.78g (6.83%), Sugar: 8.05g (8.94%), Cholesterol: 1173.19mg (391.06%), Sodium: 1231.43mg (53.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 392.46g (784.92%), Zinc: 99.1mg (660.67%), Selenium: 461.98µg (659.98%), Vitamin B12: 32.55µg (542.55%), Vitamin B3: 96.68mg (483.38%), Vitamin B6: 7.84mg (391.81%), Phosphorus: 2939.19mg (293.92%), Vitamin B2: 4.6mg (270.55%), Iron: 35.54mg (197.44%), Potassium: 5619.8mg (160.57%), Vitamin B1: 1.86mg (123.79%), Magnesium: 450.81mg (112.7%), Copper: 1.6mg (79.92%), Vitamin C: 36.48mg (44.22%), Vitamin K: 40.05µg (38.14%), Folate: 118.82µg (29.71%), Vitamin A: 975.59IU (19.51%), Vitamin B5: 1.75mg (17.49%), Calcium: 167.27mg (16.73%), Manganese: 0.3mg (15%), Vitamin D: 1.92µg (12.81%), Fiber: 3.14g (12.54%), Vitamin E: 0.58mg (3.84%)