



Burger and Veggie Packs

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

READY IN



55 min.

SERVINGS



4

CALORIES



4019 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 ears corn green frozen giant® nibblers®
- 1 pound ground beef
- 32 fat-trimmed beef flank steak frozen (from 28-ounce bag)
- 0.5 teaspoon onion powder
- 0.5 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 450°.
- 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 160°F.
- Place packets on plates. To serve, cut large X across top of each packet; carefully fold back foil.

Nutrition Facts

 **PROTEIN 39.05%**  **FAT 58.8%**  **CARBS 2.15%**

Properties

Glycemic Index:7.5, Glycemic Load:0.03, Inflammation Score:-9, Nutrition Score:60.374782800674%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 4018.66kcal (200.93%), Fat: 262.64g (404.06%), Saturated Fat: 116.59g (728.67%), Carbohydrates: 21.67g (7.22%), Net Carbohydrates: 18.55g (6.74%), Sugar: 8.04g (8.93%), Cholesterol: 1173.19mg (391.06%), Sodium: 1231.3mg (53.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 392.41g (784.83%), Zinc: 99.09mg (660.61%), Selenium: 461.88µg (659.82%), Vitamin B12: 32.55µg (542.55%), Vitamin B3: 96.67mg (483.35%), Vitamin B6: 7.83mg (391.35%), Phosphorus: 2938.05mg (293.8%), Vitamin B2: 4.6mg (270.5%), Iron: 35.53mg (197.37%), Potassium: 5616.79mg (160.48%), Vitamin B1: 1.86mg (123.69%), Magnesium: 450.62mg (112.66%), Copper: 1.6mg (79.8%), Vitamin C: 36.25mg (43.94%), Vitamin K: 40.04µg (38.13%), Folate: 118.8µg (29.7%), Vitamin A: 975.52IU (19.51%), Vitamin B5: 1.74mg (17.45%), Calcium: 165.91mg (16.59%), Manganese: 0.29mg (14.37%), Vitamin D: 1.92µg (12.81%), Fiber: 3.12g (12.48%), Vitamin E: 0.58mg (3.84%)