



Grilled Burger and Veggie Foil Packs

 **Gluten Free**  **Dairy Free**

READY IN



40 min.

SERVINGS



4

CALORIES



518 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 lb ground beef 80% lean (at least)
- 0.8 teaspoon lawry's seasoned salt
- 0.3 teaspoon pepper
- 4 cups hash browns frozen
- 24 oz broccoli frozen

Equipment

- bowl
- grill

kitchen thermometer

aluminum foil

Directions

Heat gas or charcoal grill.

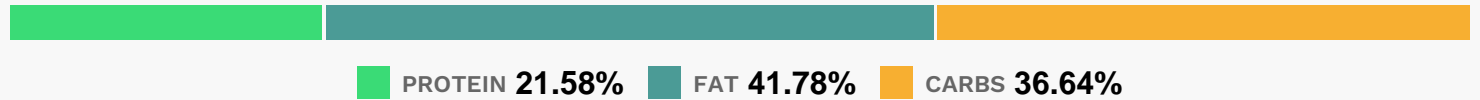
Cut 4 (18x12-inch) sheets of heavy-duty foil; spray center of each with cooking spray. In large bowl, mix ground beef, seasoned salt and pepper. Shape mixture into 4 patties, 1/2 inch thick.

In center of each sheet of foil, place 1 cup potatoes, 1/4 of the vegetables and cheese sauce chips, and 1 beef patty. Wrap each packet securely using double-fold seals, allowing room for heat expansion.

Place packets, sealed side down, on grill; cover grill. Cook with medium heat 10 minutes. Turn packets over; cook covered 15 to 18 minutes longer or until thermometer inserted in center of patties reads 160°F and vegetables are tender.

To serve, carefully open packets to allow steam to escape. Stir to mix in cheese sauce.

Nutrition Facts



Properties

Glycemic Index:23.75, Glycemic Load:12.84, Inflammation Score:-9, Nutrition Score:33.063478044842%

Flavonoids

Luteolin: 1.36mg, Luteolin: 1.36mg, Luteolin: 1.36mg, Luteolin: 1.36mg Kaempferol: 13.34mg, Kaempferol: 13.34mg, Kaempferol: 13.34mg, Kaempferol: 13.34mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 5.55mg, Quercetin: 5.55mg, Quercetin: 5.55mg, Quercetin: 5.55mg

Nutrients (% of daily need)

Calories: 518.38kcal (25.92%), Fat: 24.62g (37.87%), Saturated Fat: 9.24g (57.74%), Carbohydrates: 48.59g (16.2%), Net Carbohydrates: 41.19g (14.98%), Sugar: 2.89g (3.21%), Cholesterol: 80.51mg (26.84%), Sodium: 614.36mg (26.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.61g (57.21%), Vitamin C: 168.95mg (204.78%), Vitamin K: 175.74µg (167.38%), Vitamin B3: 9.38mg (46.88%), Vitamin B6: 0.85mg (42.35%), Potassium: 1443.93mg (41.26%), Vitamin B12: 2.43µg (40.45%), Zinc: 5.88mg (39.21%), Phosphorus: 390.33mg (39.03%), Manganese: 0.69mg (34.61%), Selenium: 21.9µg (31.28%), Folate: 123.52µg (30.88%), Iron: 5.52mg (30.64%), Fiber: 7.39g (29.58%), Vitamin B1: 0.37mg (24.89%), Vitamin B2: 0.4mg (23.32%), Vitamin B5: 2.22mg (22.24%), Vitamin A: 1060.39IU (21.21%), Magnesium: 78.32mg (19.58%), Copper: 0.36mg (18.12%), Calcium: 122.18mg (12.22%), Vitamin E:

1.79mg (11.95%)