



Grilled Cheddar Burgers and Veggies Packs

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



369 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound ground beef lean
- 4 ounces cheddar cheese shredded
- 1 tablespoon worcestershire sauce
- 2 tablespoons spring onion chopped
- 1 teaspoon lawry's seasoned salt
- 2 medium yukon gold potatoes yellow thinly sliced
- 1.5 cups baby carrots
- 12 cherry tomatoes cut in half, if desired

- 0.3 cup spring onion sliced
- 0.5 teaspoon lawry's seasoned salt

Equipment

- grill
- aluminum foil

Directions

- Heat coals or gas grill for direct heat. Spray half of one side of four 18x12-inch sheets of heavy-duty aluminum foil with cooking spray.
- Mix beef, cheese, Worcestershire sauce, 2 chopped onions and 1 teaspoon seasoned salt. Shape mixture into 4 patties, about 1 inch thick.
- Place potatoes on sprayed sides of foil sheets. Top with beef patty, carrots, tomatoes and sliced onions; sprinkle with 1/2 teaspoon seasoned salt. Fold foil over patties and vegetables so edges meet. Seal edges, making tight 1/2-inch fold; fold again. Allow space on sides for circulation and expansion.
- Cover and grill packets 4 to 6 inches from medium heat 17 to 20 minutes or until potatoes are tender.
- Place packets on plates.
- Cut a large X across top of packet; fold back foil.

Nutrition Facts



PROTEIN 36.67% FAT 38.16% CARBS 25.17%

Properties

Glycemic Index:43.69, Glycemic Load:11.2, Inflammation Score:-10, Nutrition Score:27.536521958268%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.81mg, Kaempferol: 0.81mg, Kaempferol: 0.81mg, Kaempferol: 0.81mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.94mg, Quercetin: 1.94mg, Quercetin: 1.94mg, Quercetin: 1.94mg

Nutrients (% of daily need)

Calories: 368.68kcal (18.43%), Fat: 15.52g (23.88%), Saturated Fat: 8.04g (50.24%), Carbohydrates: 23.04g (7.68%), Net Carbohydrates: 19.18g (6.97%), Sugar: 4.95g (5.5%), Cholesterol: 98.66mg (32.89%), Sodium: 1237.18mg (53.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.56g (67.12%), Vitamin A: 7249.93IU (145%), Zinc: 7.26mg (48.39%), Vitamin B12: 2.84µg (47.34%), Phosphorus: 436.51mg (43.65%), Selenium: 28.78µg (41.11%), Vitamin B6: 0.81mg (40.56%), Vitamin B3: 7.76mg (38.79%), Vitamin C: 31.91mg (38.68%), Potassium: 1056.69mg (30.19%), Vitamin K: 27.77µg (26.44%), Calcium: 253.55mg (25.36%), Iron: 4.55mg (25.28%), Vitamin B2: 0.38mg (22.13%), Magnesium: 63.97mg (15.99%), Fiber: 3.86g (15.44%), Copper: 0.29mg (14.58%), Manganese: 0.29mg (14.37%), Vitamin B5: 1.36mg (13.62%), Folate: 51.07µg (12.77%), Vitamin B1: 0.16mg (10.9%), Vitamin E: 0.88mg (5.86%), Vitamin D: 0.28µg (1.89%)