



Grilled Cheesy Vegetable Hobo Packs

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



30

CALORIES



30 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 lb baby carrots
- 0.5 lb beets peeled cut into 1-inch pieces (3)
- 2 Tbsp cilantro leaves fresh chopped
- 0.5 cup 1/2 cup kraft zesty italian dressing italian kraft
- 1 lime cut into 4 wedges
- 0.5 cup cheddar & monterey jack cheeses shredded kraft
- 1 large onion cut into 1-inch pieces
- 0.5 lb potatoes red cut into 1-inch pieces (3)

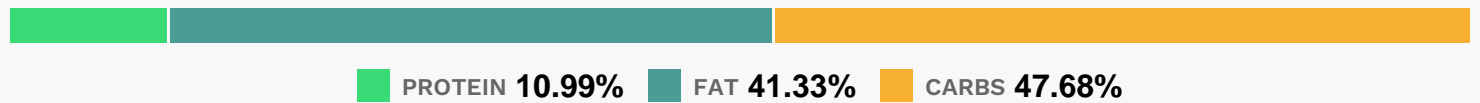
Equipment

- grill
- aluminum foil

Directions

- Heat grill to medium-high heat.
- Toss vegetables with dressing; spoon onto 4 large sheets heavy-duty foil. Fold to make 4 packets.
- Grill 20 min. or until vegetables are tender.
- Cut slits in packets to release steam before opening packets. Top ingredients in packets with cheese; let stand 2 min. or until melted.
- Open packets completely; sprinkle with cilantro.
- Serve with lime wedges.

Nutrition Facts



Properties

Glycemic Index:6.07, Glycemic Load:0.49, Inflammation Score:-6, Nutrition Score:2.3930435031652%

Flavonoids

Hesperetin: 0.96mg, Hesperetin: 0.96mg, Hesperetin: 0.96mg, Hesperetin: 0.96mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg

Nutrients (% of daily need)

Calories: 30.29kcal (1.51%), Fat: 1.44g (2.22%), Saturated Fat: 0.48g (3.03%), Carbohydrates: 3.74g (1.25%), Net Carbohydrates: 3.03g (1.1%), Sugar: 1.65g (1.83%), Cholesterol: 1.68mg (0.56%), Sodium: 63.6mg (2.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.86g (1.72%), Vitamin A: 1064.44IU (21.29%), Folate: 13.13µg (3.28%), Vitamin K: 3.3µg (3.14%), Fiber: 0.71g (2.83%), Manganese: 0.06mg (2.76%), Vitamin C: 2.26mg (2.74%), Potassium: 91.42mg (2.61%), Calcium: 20.85mg (2.08%), Phosphorus: 20.57mg (2.06%), Vitamin B6: 0.04mg (1.84%), Copper:

0.03mg (1.41%), Magnesium: 5.5mg (1.38%), Iron: 0.23mg (1.28%), Vitamin B2: 0.02mg (1.02%)