



Grilled Honey-Barbecue Meatball Foil Packs

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

READY IN



40 min.

SERVINGS



4

CALORIES



357 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup barbecue sauce
- 0.3 cup honey
- 16 meatballs frozen cooked
- 2 inch onion sweet (such as Walla Walla)
- 8 regular corn frozen
- 2 cups potatoes refrigerated cooked sliced (from 1 lb. 4-oz. pkg.)
- 0.5 teaspoon salt
- 0.3 teaspoon pepper

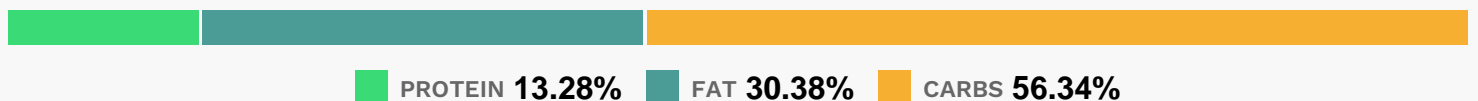
Equipment

- bowl
- grill
- aluminum foil

Directions

- Heat grill.
- Cut four 18x12-inch sheets of heavy-duty foil; spray half of one side of each foil sheet with nonstick cooking spray. In small bowl, combine barbecue sauce and honey; blend well.
- Place 4 meatballs, 2 onion slices, 2 cobs of corn and 1/2 cup sliced potatoes on center of sprayed side of each sheet of foil.
- Sprinkle with salt and pepper. Spoon 2 1/2 tablespoons sauce mixture onto meatballs and vegetables on each foil sheet.
- Fold foil over meatballs and vegetables so edges meet. Wrap packets securely using double-fold seals, allowing room for heat expansion, then fold again.
- When ready to grill, place packets on gas grill over medium heat or on charcoal grill 4 to 6 inches from medium coals. Cook 20 to 25 minutes or until meatballs are thoroughly heated and potatoes are tender, turning several times.
- Cut large X in center of each foil packet; open packets carefully to allow steam to escape.

Nutrition Facts



Properties

Glycemic Index:55.88, Glycemic Load:22.75, Inflammation Score:-3, Nutrition Score:11.685652136803%

Flavonoids

Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg

Nutrients (% of daily need)

Calories: 356.67kcal (17.83%), Fat: 12.22g (18.8%), Saturated Fat: 4.46g (27.85%), Carbohydrates: 50.98g (16.99%), Net Carbohydrates: 48.22g (17.53%), Sugar: 30.24g (33.6%), Cholesterol: 40.32mg (13.44%), Sodium: 697.56mg (30.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.02g (24.04%), Vitamin B1: 0.5mg (33.64%), Vitamin B6: 0.56mg (28.05%), Vitamin C: 21.57mg (26.14%), Selenium: 14.74µg (21.06%), Potassium: 704.32mg (20.12%), Vitamin B3: 3.81mg (19.06%), Phosphorus: 167.93mg (16.79%), Manganese: 0.25mg (12.46%), Vitamin B2: 0.19mg (11.46%), Zinc: 1.66mg (11.07%), Fiber: 2.77g (11.06%), Magnesium: 40.72mg (10.18%), Iron: 1.66mg (9.2%), Copper: 0.18mg (8.78%), Vitamin B5: 0.78mg (7.77%), Vitamin B12: 0.39µg (6.53%), Folate: 21.51µg (5.38%), Calcium: 34.56mg (3.46%), Vitamin K: 2.85µg (2.72%), Vitamin E: 0.3mg (2%), Vitamin A: 92.06IU (1.84%)