



## Grilled Honey-Barbecue Meatball Foil Packs

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

READY IN



40 min.

SERVINGS



4

CALORIES



510 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

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

## 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

 **PROTEIN 13.22%**  **FAT 24.38%**  **CARBS 62.4%**

## Properties

Glycemic Index:42.01, Glycemic Load:22.55, Inflammation Score:-7, Nutrition Score:20.146521671959%

## 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: 509.55kcal (25.48%), Fat: 14.62g (22.49%), Saturated Fat: 5.04g (31.48%), Carbohydrates: 84.22g (28.07%), Net Carbohydrates: 77.91g (28.33%), Sugar: 41.42g (46.02%), Cholesterol: 40.32mg (13.44%), Sodium: 724.54mg (31.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.84g (35.68%), Vitamin B1: 0.78mg (52.12%), Vitamin C: 33.7mg (40.85%), Vitamin B6: 0.73mg (36.28%), Vitamin B3: 6.96mg (34.82%), Potassium: 1185.96mg (33.88%), Phosphorus: 326.59mg (32.66%), Manganese: 0.54mg (26.97%), Magnesium: 106.8mg (26.7%), Fiber: 6.32g (25.27%), Folate: 96.65µg (24.16%), Selenium: 15.82µg (22.6%), Vitamin B5: 2.05mg (20.52%), Vitamin B2: 0.29mg (17.22%), Zinc: 2.48mg (16.51%), Iron: 2.58mg (14.35%), Copper: 0.27mg (13.59%), Vitamin A: 423.4IU (8.47%), Vitamin B12: 0.39µg (6.53%), Calcium: 38.1mg (3.81%), Vitamin K: 3.39µg (3.23%), Vitamin E: 0.42mg (2.83%)