



Grilled Honey-Barbecue Pork Foil Packs

 Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



700 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup barbecue sauce
- 0.3 cup honey
- 2 teaspoons ground cumin
- 1.3 pounds lamb loin chops boneless
- 2 large ears corn cut into 6 pieces
- 1 cup baby carrots
- 2 cups baby potatoes refrigerated cooked (from 1-pound 4-ounce bag)
- 1 teaspoon salt


Equipment

- bowl
- 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 barbecue sauce, honey and cumin in small bowl.
- Place 1 pork chop, 3 pieces corn, 1/4 cup carrots and 1/2 cup potato wedges on center of each sprayed foil sheet; sprinkle with 1/4 teaspoon salt. Spoon 3 tablespoons sauce mixture over pork and vegetables on each sheet.
- Fold foil over pork and vegetables so edges meet. Seal edges, making tight 1/2-inch fold; fold again. Allow space on sides for circulation and expansion.
- Grill packets 4 to 6 inches from medium heat 15 to 20 minutes, turning once, until pork is slightly pink in center.
- Place packets on plates.
- Cut large X across top of each packet; fold back foil.

Nutrition Facts

  
 **PROTEIN 15.6%**  **FAT 49.73%**  **CARBS 34.67%**

Properties

Glycemic Index:35.26, Glycemic Load:18.71, Inflammation Score:-10, Nutrition Score:25.483912986258%

Flavonoids

Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 699.51kcal (34.98%), Fat: 39.27g (60.41%), Saturated Fat: 16.96g (106%), Carbohydrates: 61.6g (20.53%), Net Carbohydrates: 57.12g (20.77%), Sugar: 35.87g (39.86%), Cholesterol: 104.89mg (34.96%), Sodium: 1071.69mg

(46.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.73g (55.45%), Vitamin A: 4640.78IU (92.82%), Vitamin B3: 11.69mg (58.45%), Vitamin B12: 2.89µg (48.19%), Selenium: 28.42µg (40.6%), Phosphorus: 343.79mg (34.38%), Zinc: 4.34mg (28.96%), Potassium: 999.94mg (28.57%), Vitamin B6: 0.54mg (27.09%), Vitamin C: 20.87mg (25.29%), Iron: 4.51mg (25.06%), Vitamin B2: 0.4mg (23.76%), Vitamin B1: 0.35mg (23.39%), Magnesium: 85.42mg (21.35%), Manganese: 0.4mg (20.1%), Folate: 76.01µg (19%), Vitamin B5: 1.83mg (18.29%), Fiber: 4.48g (17.91%), Copper: 0.34mg (17.15%), Calcium: 64.67mg (6.47%), Vitamin K: 5.34µg (5.09%), Vitamin E: 0.63mg (4.21%)