



Grilled Meat Loaf Meal Packs

READY IN



45 min.

SERVINGS



6

CALORIES



388 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 cups baby carrots
- 0.5 cup breadcrumbs plain progresso®
- 1 eggs
- 0.3 cup catsup
- 1.5 lb ground beef 80% lean (at least)
- 0.8 cup milk
- 1 bag potatoes refrigerated (1 lb 4 oz)

Equipment

- bowl
- grill
- kitchen thermometer
- aluminum foil

Directions

- Heat gas or charcoal grill.
- Cut 6 (18x10-inch) sheets of heavy-duty foil; spray with cooking spray. In medium bowl, mix beef, dry soup mix, egg, milk and bread crumbs. Shape into 6 loaves, 4x2 1/2x1 inch.
- Place 1 loaf on each foil sheet; top each with about 1 tablespoon of the ketchup.
- Place about 1/2 cup potatoes and 1/2 cup carrots around each loaf.
- Bring up 2 sides of foil so edges meet. Seal edges, making tight 1/2-inch fold; fold again, allowing space for heat circulation and expansion. Fold other sides to seal.
- Place packets on grill. Cover grill; cook over medium heat 25 to 30 minutes, rotating packets 1/2 turn after 15 minutes, until vegetables are tender and meat thermometer inserted in center of loaves reads 160°F. To serve, cut large X across top of each packet; carefully fold back foil to allow steam to escape.
- Garnish with parsley.

Nutrition Facts

PROTEIN 24.08% **FAT 58.33%** **CARBS 17.59%**

Properties

Glycemic Index:20.29, Glycemic Load:0.56, Inflammation Score:-10, Nutrition Score:19.463043627532%

Flavonoids

Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 388.36kcal (19.42%), Fat: 24.93g (38.35%), Saturated Fat: 9.62g (60.14%), Carbohydrates: 16.91g (5.64%), Net Carbohydrates: 14.61g (5.31%), Sugar: 7.94g (8.82%), Cholesterol: 111.45mg (37.15%), Sodium: 334.72mg (14.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.15g (46.3%), Vitamin A: 8983.01IU (179.66%), Vitamin B12: 2.69µg (44.8%), Zinc: 5.22mg (34.81%), Selenium: 22.78µg (32.54%), Vitamin B3: 5.98mg (29.88%),

Phosphorus: 260.83mg (26.08%), Vitamin B6: 0.5mg (24.85%), Vitamin B2: 0.32mg (19.11%), Iron: 3.38mg (18.78%), Potassium: 569.53mg (16.27%), Vitamin B1: 0.18mg (11.77%), Vitamin B5: 1.11mg (11.09%), Manganese: 0.21mg (10.37%), Calcium: 101mg (10.1%), Folate: 39.52µg (9.88%), Fiber: 2.3g (9.22%), Magnesium: 35.86mg (8.96%), Vitamin K: 9.17µg (8.73%), Copper: 0.17mg (8.66%), Vitamin E: 0.76mg (5.06%), Vitamin D: 0.6µg (3.97%), Vitamin C: 2.24mg (2.72%)