



Grilled Meatloaf Dinner Foil Packs

READY IN



45 min.

SERVINGS



6

CALORIES



404 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 cups baby carrots
- ☐ 0.5 cup breadcrumbs plain
- ☐ 1 eggs
- ☐ 6 servings parsley fresh
- ☐ 0.3 cup catsup
- ☐ 1.5 lb ground beef 80% lean (at least)
- ☐ 0.8 cup milk
- ☐ 1 oz onion soup mix (from 2-oz box)
- ☐ 1 bag potatoes refrigerated (1 lb 4 oz)

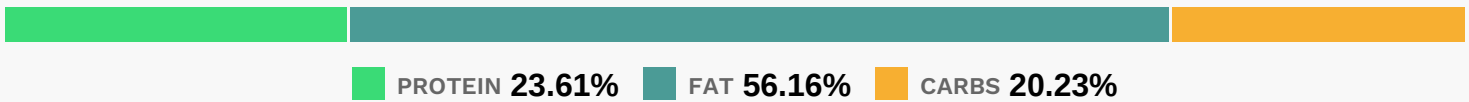
Equipment

- ☐ 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 160F. To serve, cut large X across top of each packet; carefully fold back foil to allow steam to escape.
- ☐ Garnish with parsley.

Nutrition Facts



Properties

Glycemic Index:25.63, Glycemic Load:0.6, Inflammation Score:-10, Nutrition Score:23.312173708625%

Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 403.65kcal (20.18%), Fat: 24.97g (38.42%), Saturated Fat: 9.63g (60.2%), Carbohydrates: 20.24g (6.75%), Net Carbohydrates: 17.49g (6.36%), Sugar: 8.19g (9.1%), Cholesterol: 111.45mg (37.15%), Sodium: 716.42mg (31.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.62g (47.24%), Vitamin A: 9320.68IU (186.41%), Vitamin K: 74.83µg (71.27%), Vitamin B12: 2.69µg (44.8%), Zinc: 5.32mg (35.45%), Selenium: 23.02µg (32.88%), Vitamin B3: 6.1mg (30.49%), Phosphorus: 273.12mg (27.31%), Vitamin B6: 0.53mg (26.4%), Iron: 3.69mg (20.49%), Vitamin B2: 0.34mg (20.11%), Potassium: 625.76mg (17.88%), Vitamin B1: 0.19mg (12.88%), Manganese: 0.25mg (12.26%), Vitamin B5: 1.16mg (11.65%), Folate: 45.6µg (11.4%), Calcium: 113.28mg (11.33%), Fiber: 2.75g (10.99%), Magnesium: 40.69mg (10.17%), Copper: 0.2mg (9.79%), Vitamin C: 7.72mg (9.36%), Vitamin E: 0.8mg (5.3%), Vitamin D: 0.6µg (3.97%)