



Grilled Taco Burger and Potato Foil Packs

READY IN



40 min.

SERVINGS



4

CALORIES



726 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 lb ground beef 80% lean (at least)
- ☐ 0.5 cup breadcrumbs plain
- ☐ 6.3 oz taco seasoning
- ☐ 0.3 cup milk
- ☐ 3 cups hash browns diced frozen (from 32-oz bag)
- ☐ 1 cup queso asadero (from 15-oz jar)

Equipment

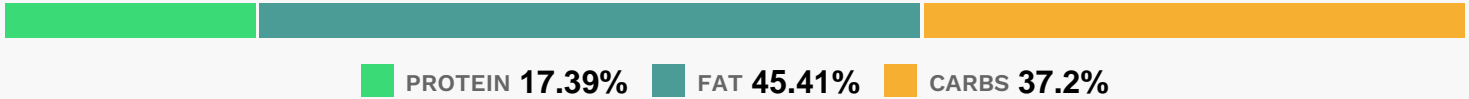
- ☐ bowl

- ☐ baking sheet
- ☐ oven
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Heat gas or charcoal grill. In medium bowl, mix ground beef, bread crumbs, taco seasoning mix and milk until well blended. Shape mixture into 4 (4-inch) patties. In another medium bowl, mix frozen potatoes and dip.
- ☐ Cut 4 (18x12-inch) sheets of heavy-duty foil; spray with cooking spray.
- ☐ Place 1 patty on each; top with 1/4 of potato mixture. Wrap each pack securely using double-fold seals, allowing room for heat expansion.
- ☐ When grill is heated, place packs, seam side up, on grill over medium heat; cover grill. Cook 15 to 25 minutes, rearranging packs several times, until patties are thoroughly cooked.
- ☐ To make in oven, place packs on cookie sheet.
- ☐ Bake at 375°F 40 to 45 minutes or until potatoes are tender and burgers are cooked through (at least 165°F in center).

Nutrition Facts



Properties

Glycemic Index:17.25, Glycemic Load:8.24, Inflammation Score:-10, Nutrition Score:28.279565422431%

Nutrients (% of daily need)

Calories: 726.18kcal (36.31%), Fat: 37.28g (57.35%), Saturated Fat: 17.15g (107.2%), Carbohydrates: 68.71g (22.9%), Net Carbohydrates: 57.4g (20.87%), Sugar: 13.84g (15.38%), Cholesterol: 126.7mg (42.23%), Sodium: 4757.88mg (206.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.12g (64.23%), Vitamin A: 4563.99IU (91.28%), Phosphorus: 767.6mg (76.76%), Fiber: 11.32g (45.27%), Vitamin B12: 2.56µg (42.61%), Zinc: 6.3mg (41.99%), Iron: 7.5mg (41.65%), Vitamin B3: 8.33mg (41.63%), Vitamin C: 33.08mg (40.1%), Selenium: 21.17µg (30.25%), Calcium: 291.96mg (29.2%), Potassium: 946.34mg (27.04%), Vitamin B6: 0.53mg (26.45%), Vitamin B2: 0.41mg (23.96%), Vitamin B1: 0.34mg (22.71%), Manganese: 0.37mg (18.3%), Copper: 0.26mg (12.98%), Vitamin B5: 1.21mg (12.09%), Magnesium: 44.24mg (11.06%), Folate: 28.68µg (7.17%), Vitamin E: 0.48mg (3.22%), Vitamin K: 2.98µg (2.84%),

Vitamin D: 0.28µg (1.87%)