



WHATSheATE



Grilled Teriyaki Meat Loaf and Vegetable Packets

 Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



355 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 oz baby corns drained canned
- ☐ 2 cups baby carrots
- ☐ 0.3 cup breadcrumbs plain progresso®
- ☐ 1 eggs
- ☐ 1 lb ground beef 90% (at least)
- ☐ 0.5 teaspoon garlic
- ☐ 0.5 cup teriyaki sauce

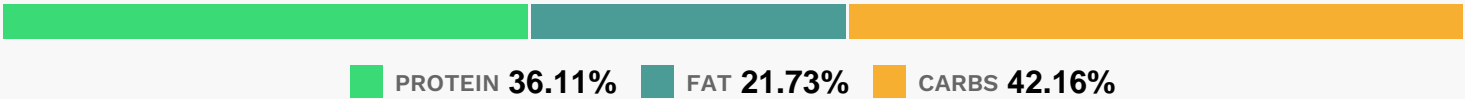
Equipment

- ☐ bowl
- ☐ grill
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Heat gas or charcoal grill.
- ☐ Cut four 18x12-inch sheets of heavy-duty foil; spray foil with nonstick cooking spray.
- ☐ In medium bowl, beat egg. Stir in 2 tablespoons of the baste and glaze, the bread crumbs, garlic-pepper blend and ground beef. Shape mixture into four 4x2-inch oblong loaves, about 1 inch thick.
- ☐ Place 1 loaf on sprayed side of each foil sheet; place 1/2 cup of the carrots and 1/4 of the corn around each loaf.
- ☐ Drizzle with remaining baste and glaze. Wrap each packet securely using double-fold seals, allowing room for heat expansion.
- ☐ When grill is heated, place packets on gas grill over medium heat or on charcoal grill 4 to 6 inches from medium coals. Cover grill; cook 25 to 35 minutes or until loaves are thoroughly cooked and carrots are tender, turning packets over once halfway through cooking. Carefully open packets to allow steam to escape; meat thermometer inserted into center of loaves should read 160°F.

Nutrition Facts



Properties

Glycemic Index:21.38, Glycemic Load:11, Inflammation Score:-10, Nutrition Score:25.135217220887%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 354.8kcal (17.74%), Fat: 8.76g (13.48%), Saturated Fat: 3.2g (20.01%), Carbohydrates: 38.26g (12.75%), Net Carbohydrates: 33.5g (12.18%), Sugar: 13.41g (14.9%), Cholesterol: 111.23mg (37.08%), Sodium: 1569.72mg (68.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.76g (65.52%), Vitamin A: 9164.63IU (183.29%), Vitamin B3: 9.29mg (46.46%), Zinc: 6.82mg (45.47%), Vitamin B12: 2.66µg (44.36%), Phosphorus: 413.24mg (41.32%), Selenium: 26.05µg (37.21%), Vitamin B6: 0.73mg (36.35%), Iron: 4.88mg (27.13%), Potassium: 886.71mg (25.33%), Vitamin B2: 0.37mg (21.72%), Magnesium: 85.26mg (21.32%), Vitamin B5: 2.11mg (21.07%), Fiber: 4.76g (19.02%), Manganese: 0.36mg (17.85%), Vitamin B1: 0.25mg (16.39%), Folate: 62.69µg (15.67%), Copper: 0.27mg (13.28%), Vitamin C: 7.63mg (9.25%), Vitamin K: 7.27µg (6.92%), Calcium: 62.07mg (6.21%), Vitamin E: 0.53mg (3.56%), Vitamin D: 0.33µg (2.22%)