



Grilled Teriyaki Meatloaf Foil Packs

 Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



467 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 eggs
- ☐ 0.5 cup teriyaki sauce
- ☐ 0.3 cup breadcrumbs plain
- ☐ 0.5 teaspoon highest available proof grain spirit
- ☐ 1 lb ground beef 90% (at least)
- ☐ 2 cups baby carrots
- ☐ 15 oz potato nuggets drained canned

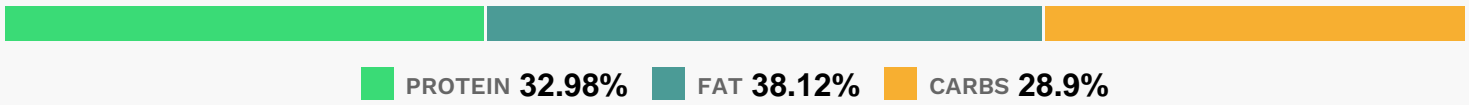
Equipment

- ☐ 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:14, Glycemic Load:0.24, Inflammation Score:-10, Nutrition Score:25.49956525927%

Nutrients (% of daily need)

Calories: 467.01kcal (23.35%), Fat: 20.46g (31.48%), Saturated Fat: 4.32g (27.01%), Carbohydrates: 34.89g (11.63%), Net Carbohydrates: 24.69g (8.98%), Sugar: 12.58g (13.98%), Cholesterol: 111.23mg (37.08%), Sodium: 1568.64mg (68.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.83g (79.66%), Vitamin A: 8885.12IU (177.7%), Iron: 15.04mg (83.57%), Vitamin B12: 2.66µg (44.36%), Zinc: 6.19mg (41.29%), Fiber: 10.21g (40.83%), Vitamin B3: 7.54mg (37.7%), Selenium: 25.8µg (36.86%), Potassium: 1214.21mg (34.69%), Phosphorus: 333.47mg (33.35%), Vitamin B6:

0.58mg (28.85%), Vitamin B2: 0.31mg (18.23%), Magnesium: 58.62mg (14.66%), Vitamin B5: 1.27mg (12.69%),
Copper: 0.22mg (10.78%), Vitamin B1: 0.15mg (9.79%), Folate: 38.81µg (9.7%), Manganese: 0.18mg (9.06%), Vitamin
K: 6.85µg (6.52%), Calcium: 63.64mg (6.36%), Vitamin E: 0.44mg (2.96%), Vitamin D: 0.33µg (2.22%), Vitamin C:
1.66mg (2.02%)