



Grilled Veggie Burger Foil Packs

 **Gluten Free**  **Dairy Free**

READY IN



35 min.

SERVINGS



4

CALORIES



339 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups mushrooms whole cut in half
- 1 cup green beans
- 0.5 cup bell pepper red
- 1 medium onion red cut into wedges
- 0.5 cup barbecue sauce
- 4 vegetable burgers frozen

Equipment

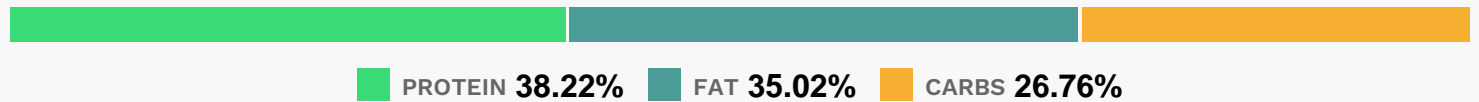
- grill

aluminum foil

Directions

- Heat coals or gas grill for direct heat. Spray half of one side of four 18x12-inch sheets of heavy-duty aluminum foil with cooking spray.
- Mix mushrooms, green beans, bell pepper strips, onion and barbecue sauce.
- Place vegetable mixture on sprayed side of foil sheets. Top with burger patties. Fold foil over patties and vegetables so edges meet. Seal edges, making tight 1/2-inch fold; fold again. Allow space on sides for circulation and expansion.
- Cover and grill packets 4 to 6 inches from medium heat 20 to 25 minutes or until vegetables are tender.
- Place packets on plates; unfold foil.

Nutrition Facts



Properties

Glycemic Index:34.25, Glycemic Load:1.69, Inflammation Score:-7, Nutrition Score:9.4747826508854%

Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 6.38mg, Quercetin: 6.38mg, Quercetin: 6.38mg, Quercetin: 6.38mg

Nutrients (% of daily need)

Calories: 339.09kcal (16.95%), Fat: 12.66g (19.47%), Saturated Fat: 3.44g (21.52%), Carbohydrates: 21.76g (7.25%), Net Carbohydrates: 19.36g (7.04%), Sugar: 15.66g (17.4%), Cholesterol: 107.84mg (35.95%), Sodium: 508.93mg (22.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.08g (62.16%), Vitamin C: 30.45mg (36.91%), Vitamin A: 987.92IU (19.76%), Vitamin B2: 0.26mg (15.58%), Iron: 2.34mg (13%), Vitamin K: 13.49µg (12.85%), Vitamin B3: 2.36mg (11.81%), Potassium: 373.05mg (10.66%), Copper: 0.21mg (10.56%), Vitamin B6: 0.2mg (10.14%), Fiber: 2.4g (9.61%), Vitamin B5: 0.93mg (9.32%), Manganese: 0.18mg (9.17%), Folate: 31.74µg (7.94%), Selenium: 5.25µg (7.5%), Phosphorus: 71.7mg (7.17%), Vitamin B1: 0.09mg (6.16%), Calcium: 57.92mg (5.79%), Magnesium: 20.83mg (5.21%), Vitamin E: 0.7mg (4.69%), Zinc: 0.47mg (3.13%)