



WHATSheATE



Grilled Veggie Burger Packs



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



340 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

Equipment

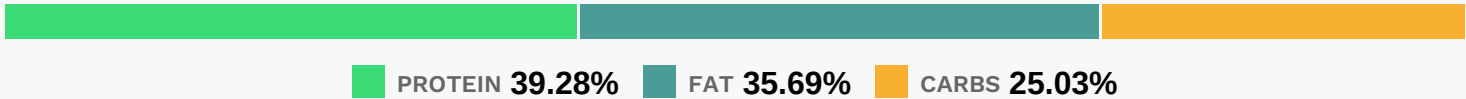
- ☐ grill

☐ 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:-6, Nutrition Score:8.5230434536934%

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: 339.85kcal (16.99%), Fat: 12.43g (19.13%), Saturated Fat: 3.43g (21.42%), Carbohydrates: 19.62g (6.54%), Net Carbohydrates: 17.54g (6.38%), Sugar: 10.02g (11.13%), Cholesterol: 107.84mg (35.95%), Sodium: 296.33mg (12.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.79g (61.57%), Vitamin C: 30.24mg (36.65%), Vitamin A: 907.84IU (18.16%), Vitamin B2: 0.24mg (14.4%), Vitamin K: 12.85µg (12.24%), Iron: 2.11mg (11.73%), Vitamin B3: 2.15mg (10.74%), Copper: 0.19mg (9.28%), Vitamin B6: 0.18mg (8.79%), Vitamin B5: 0.87mg (8.73%), Fiber: 2.08g (8.32%), Potassium: 290.11mg (8.29%), Folate: 31.03µg (7.76%), Manganese: 0.14mg (6.91%), Selenium: 4.79µg (6.84%), Phosphorus: 64.55mg (6.45%), Vitamin B1: 0.08mg (5.61%), Calcium: 46.12mg (4.61%), Magnesium: 16.18mg (4.05%), Vitamin E: 0.42mg (2.78%), Zinc: 0.41mg (2.73%)