



Hobo's Delight

 **Gluten Free**

 **Dairy Free**

Image not found or type unknown

Image not found or type unknown

READY IN

ready

45 min.

Image not found or type unknown

SERVINGS

servings

6

Image not found or type unknown

CALORIES

calories

350 kcal

Image not found or type unknown

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 ounce baby carrots
- ☐ 2 pounds ground beef lean
- ☐ 1 onion sliced
- ☐ 4 potatoes peeled sliced
- ☐ 6 servings salt and pepper black to taste
- ☐ 6 servings lawry's seasoned salt to taste

Equipment

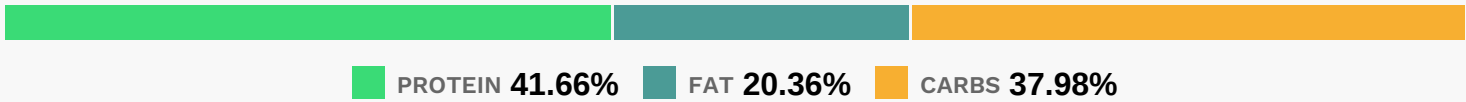
- ☐ grill

☐ aluminum foil

Directions

- ☐ Preheat grill for medium-high heat.
- ☐ Form the ground beef into individual patties, and place each patty on a piece of foil large enough to hold the patty and some vegetables.
- ☐ Layer each patty with onion slices, carrots, and potato slices. Season with seasoned salt, salt, and pepper to taste. Wrap foil around food, and seal each packet tightly.
- ☐ Grill 30 minutes, or until the potatoes are tender. Carefully open each packet (the steam that escapes will be very hot), and serve.

Nutrition Facts



Properties

Glycemic Index:18.46, Glycemic Load:18.54, Inflammation Score:-10, Nutrition Score:28.913913011551%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 1.26mg, Kaempferol: 1.26mg, Kaempferol: 1.26mg, Kaempferol: 1.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.72mg, Quercetin: 4.72mg, Quercetin: 4.72mg, Quercetin: 4.72mg

Nutrients (% of daily need)

Calories: 350.27kcal (17.51%), Fat: 7.8g (12.01%), Saturated Fat: 3.46g (21.65%), Carbohydrates: 32.75g (10.92%), Net Carbohydrates: 27.12g (9.86%), Sugar: 5.48g (6.09%), Cholesterol: 93.74mg (31.25%), Sodium: 555.59mg (24.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.93g (71.85%), Vitamin A: 10428.27IU (208.57%), Vitamin B12: 3.39µg (56.45%), Vitamin B6: 1.11mg (55.65%), Zinc: 8.27mg (55.12%), Vitamin B3: 10.25mg (51.23%), Phosphorus: 406.8mg (40.68%), Selenium: 27.51µg (39.3%), Vitamin C: 31.3mg (37.93%), Potassium: 1326.98mg (37.91%), Iron: 5.42mg (30.12%), Fiber: 5.63g (22.51%), Vitamin B2: 0.32mg (18.88%), Magnesium: 75.33mg (18.83%), Manganese: 0.37mg (18.56%), Copper: 0.35mg (17.64%), Vitamin B5: 1.72mg (17.17%), Vitamin B1: 0.21mg (13.78%), Folate: 54.17µg (13.54%), Vitamin K: 10.33µg (9.84%), Calcium: 59.3mg (5.93%), Vitamin E: 0.44mg (2.94%), Vitamin D: 0.15µg (1.01%)