

Hobo's Delight

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

READY IN



45 min.

SERVINGS



6

CALORIES



350 kcal

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

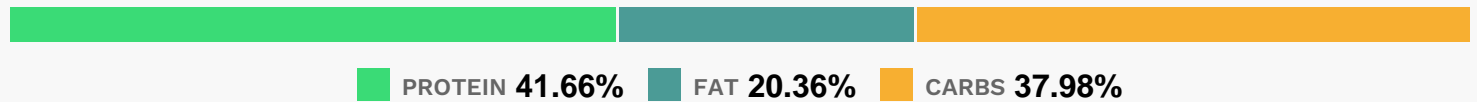
Preheat grill for medium-high heat.

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: 0g (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%)