



 **34%**
HEALTH SCORE

Meal in Foil

 **Gluten Free**

READY IN



40 min.

SERVINGS



1

CALORIES



779 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon butter
- 1 carrots sliced
- 0.3 pound ground beef
- 1 potatoes sliced
- 1 serving salt and pepper to taste
- 1 onion sweet sliced

Equipment

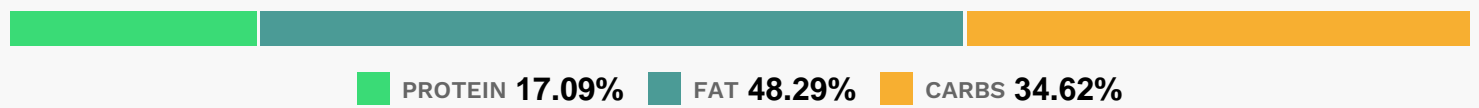
- grill

aluminum foil

Directions

- Preheat an outdoor grill for high heat. Lightly grease one side of a large piece of heavy foil.
- Form ground beef chuck into a patty, and place in the center of the foil's prepared side. Arrange potato, carrot and sweet onion around the beef. Top with butter. Salt and pepper to taste. Tightly seal the foil around the beef and vegetables.
- Place the sealed foil packet on the prepared grill. Turning frequently, cook approximately 30 minutes, or to desired doneness.

Nutrition Facts



Properties

Glycemic Index:180.58, Glycemic Load:29.18, Inflammation Score:-10, Nutrition Score:36.873913132626%

Flavonoids

Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 5.62mg, Kaempferol: 5.62mg, Kaempferol: 5.62mg, Kaempferol: 5.62mg Myricetin: 3.8mg, Myricetin: 3.8mg, Myricetin: 3.8mg, Myricetin: 3.8mg Quercetin: 49.68mg, Quercetin: 49.68mg, Quercetin: 49.68mg, Quercetin: 49.68mg

Nutrients (% of daily need)

Calories: 779.36kcal (38.97%), Fat: 42.2g (64.92%), Saturated Fat: 18.87g (117.95%), Carbohydrates: 68.05g (22.68%), Net Carbohydrates: 58.68g (21.34%), Sugar: 21.18g (23.53%), Cholesterol: 137.45mg (45.82%), Sodium: 466.46mg (20.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.6g (67.2%), Vitamin A: 10548.09IU (210.96%), Vitamin B6: 1.63mg (81.58%), Vitamin C: 61.45mg (74.48%), Vitamin B12: 3.26µg (54.32%), Potassium: 1897.45mg (54.21%), Zinc: 7.53mg (50.18%), Vitamin B3: 9.68mg (48.41%), Phosphorus: 474.38mg (47.44%), Fiber: 9.37g (37.49%), Selenium: 25.18µg (35.96%), Manganese: 0.68mg (34.01%), Folate: 132.8µg (33.2%), Iron: 5.64mg (31.35%), Magnesium: 112.09mg (28.02%), Vitamin B1: 0.41mg (27.47%), Copper: 0.54mg (26.76%), Vitamin B2: 0.4mg (23.43%), Vitamin B5: 1.9mg (18.96%), Vitamin K: 16.79µg (15.99%), Calcium: 142.59mg (14.26%), Vitamin E: 1.43mg (9.57%), Vitamin D: 0.15µg (1.01%)