



Old West Grilled Bean and Burger Foil Packs

 Dairy Free

READY IN



50 min.

SERVINGS



8

CALORIES



348 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 32 ounces baked beans canned
- 0.5 cup barbecue sauce
- 0.5 cup breadcrumbs plain
- 1 large bell pepper green thinly sliced
- 2 pounds ground beef lean
- 2 medium onion separated sliced
- 0.3 teaspoon pepper

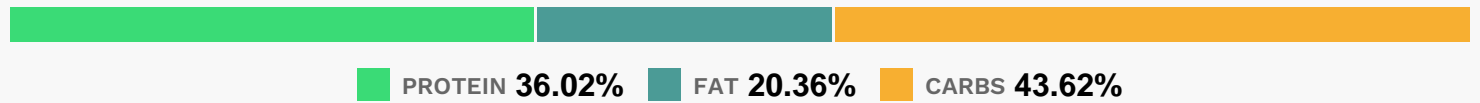
Equipment

- grill
- aluminum foil

Directions

- Heat coals or gas grill for direct heat.
- Mix beef, bread crumbs, barbecue sauce and pepper. Shape mixture into eight 3-inch patties.
- Place each patty on 18x12-inch piece of heavy-duty aluminum foil. Top patties with beans, onions and bell pepper, dividing evenly. Fold foil over mixture 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, seam sides up, 4 to 6 inches from medium heat 20 to 30 minutes or until beef is no longer pink in center and juice of beef is clear.
- Place packets on serving plates.
- Cut large X across top of each packet; fold back foil.

Nutrition Facts



Properties

Glycemic Index:13.96, Glycemic Load:7.65, Inflammation Score:-6, Nutrition Score:21.183477992597%

Flavonoids

Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.04mg, Quercetin: 6.04mg, Quercetin: 6.04mg, Quercetin: 6.04mg

Nutrients (% of daily need)

Calories: 348.22kcal (17.41%), Fat: 7.96g (12.25%), Saturated Fat: 3.34g (20.9%), Carbohydrates: 38.38g (12.79%), Net Carbohydrates: 30.85g (11.22%), Sugar: 8.01g (8.9%), Cholesterol: 78.24mg (26.08%), Sodium: 779.56mg (33.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.7g (63.39%), Zinc: 7.63mg (50.87%), Vitamin B12: 2.56µg (42.73%), Selenium: 27.13µg (38.76%), Phosphorus: 373.88mg (37.39%), Vitamin B3: 7.42mg (37.11%), Vitamin B6: 0.62mg (30.89%), Fiber: 7.53g (30.13%), Iron: 5.2mg (28.89%), Manganese: 0.57mg (28.69%), Vitamin C: 20.89mg (25.32%), Potassium: 874.31mg (24.98%), Copper: 0.39mg (19.31%), Magnesium: 73.64mg (18.41%), Vitamin B2: 0.28mg (16.24%), Folate: 61.36µg (15.34%), Vitamin B1: 0.2mg (13.36%), Calcium: 97.21mg (9.72%), Vitamin B5: 0.96mg (9.63%), Vitamin E: 0.55mg (3.65%), Vitamin K: 2.84µg (2.7%), Vitamin A: 116.78IU (2.34%)