If we first find two nonparallel vectors in the plane, their cross product will be a normal vector to the plane. Since the given line lies in the plane, its direction vector $\mathbf{a} = \langle -4, 5, 4\rangle$ is one vector in the plane. We can verify that the given point $(6, 0, -1)$ does not lie on this line, so to find another nonparallel vector $\mathbf{b}$ which lies in the plane, we can pick any point on the line and find a vector connecting the points. If we put $t = 0$, we see that $(2, 1, 8)$ is on the line, so $\mathbf{b} = \langle 6 - 2, 0 - 1, -1 - 8\rangle = \langle 4, -1, -9\rangle$ and $\mathbf{n} = \mathbf{a} \times \mathbf{b} = \langle -45 + 4, 16 - 36, 4 - 20\rangle = \langle -41, -20, -16\rangle$. Thus, an equation of the plane is $-41(x-6)-20(y-0)-16[z-(-1)] = 0$ or $-41x-20y-16z = -230$.