

Bears Brat

READY IN



35 min.

SERVINGS



4

CALORIES



1215 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup reserved beer braising liquid as needed plus more
- ☐ 2 cans lager beer blue such as pabst ribbon
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 8 bratwursts fresh
- ☐ 12 ounces pasteurized cheese product such as velveeta cubed
- ☐ 1 tablespoon dijon mustard
- ☐ 4 servings dijon mustard for topping
- ☐ 3 medium granny smith apples peeled thinly sliced
- ☐ 8 hot dog buns fresh toasted

- ☐ 0.5 teaspoon kosher salt
- ☐ 1 tablespoons jalapeño peppers chopped
- ☐ 2 cups sauerkraut drained
- ☐ 1 onion yellow thinly sliced

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ grill
- ☐ dutch oven
- ☐ grill pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat a grill or grill pan to medium-high heat.
- ☐ Add the apples, onions, beer salt and pepper in a medium pot or Dutch oven. Simmer until the apples and onions soften, a few minutes.
- ☐ Add in the brats and simmer until cooked through, about 10 minutes, turning once.
- ☐ Remove the brats from the liquid and reserve the beer braising liquid.
- ☐ Brown the brats on the grill, covering with a metal bowl if using a grill pan, until you get nice grill marks on all sides, 5 to 6 minutes.
- ☐ Place the brats on the buns and drizzle with some of the Beer Cheese Sauce. Top with the sauerkraut, some mustard and the jalapenos.
- ☐ Add the cheese and mustard to a medium saucepan over medium heat. Stir until melted and smooth.
- ☐ Add the beer braising liquid and stir to combine.
- ☐ Add more braising liquid if the sauce is too thick; the sauce should be velvety.

Nutrition Facts



Properties

Glycemic Index:96.25, Glycemic Load:35.97, Inflammation Score:-9, Nutrition Score:39.766956536666%

Flavonoids

Cyanidin: 2.14mg, Cyanidin: 2.14mg, Cyanidin: 2.14mg, Cyanidin: 2.14mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 2.56mg, Catechin: 2.56mg, Catechin: 2.56mg, Catechin: 2.56mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 10.44mg, Epicatechin: 10.44mg, Epicatechin: 10.44mg, Epicatechin: 10.44mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 2.07mg, Kaempferol: 2.07mg, Kaempferol: 2.07mg, Kaempferol: 2.07mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 11.1mg, Quercetin: 11.1mg, Quercetin: 11.1mg, Quercetin: 11.1mg Gallocatechin: 0.17mg, Gallocatechin: 0.17mg, Gallocatechin: 0.17mg, Gallocatechin: 0.17mg

Nutrients (% of daily need)

Calories: 1215.04kcal (60.75%), Fat: 71.47g (109.95%), Saturated Fat: 30.35g (189.67%), Carbohydrates: 80.97g (26.99%), Net Carbohydrates: 73.14g (26.6%), Sugar: 23.27g (25.86%), Cholesterol: 182.73mg (60.91%), Sodium: 3001.67mg (130.51%), Alcohol: 8.09g (100%), Alcohol %: 1.36% (100%), Protein: 48.88g (97.77%), Selenium: 104.4µg (149.14%), Phosphorus: 826.47mg (82.65%), Calcium: 812.14mg (81.21%), Vitamin B1: 1.17mg (78.07%), Vitamin B2: 1.15mg (67.67%), Vitamin B3: 11.32mg (56.59%), Zinc: 8.36mg (55.71%), Vitamin B6: 0.83mg (41.61%), Manganese: 0.78mg (38.8%), Folate: 141.54µg (35.38%), Vitamin B12: 2.08µg (34.61%), Fiber: 7.84g (31.35%), Iron: 5.27mg (29.28%), Potassium: 1012.81mg (28.94%), Magnesium: 106.5mg (26.62%), Vitamin C: 20.14mg (24.41%), Vitamin K: 23.82µg (22.68%), Vitamin A: 998.08IU (19.96%), Copper: 0.4mg (19.89%), Vitamin B5: 1.54mg (15.39%), Vitamin D: 1.96µg (13.08%), Vitamin E: 1.61mg (10.74%)