



Beer Braised Brats Sandwich

 Dairy Free

READY IN



37 min.

SERVINGS



4

CALORIES



903 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pint ale beer
- 1 bay leaves
- 1 teaspoon peppercorns whole black
- 2 pounds bratwurst (4 large links)
- 4 servings crusty rolls for serving
- 2 tablespoons olive oil
- 4 servings spicy brown mustard for serving
- 1 large onion

Equipment

dutch oven

Directions

In a Dutch oven over medium heat, add the oil, onions, peppercorns and bay leaf.

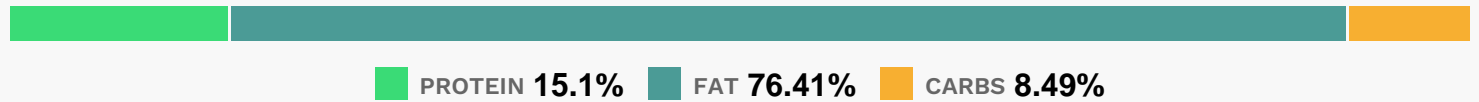
Add the sausage.

Saute until the sausages begin to brown and the onions soften, about 5 minutes.

Add the ale. Be sure to turn the sausages over and continue cooking, another 2 minutes. Cook on low for 20 minutes.

Serve the bratwurst with the braised onions on crusty rolls with spicy mustard.

Nutrition Facts



Properties

Glycemic Index:33.13, Glycemic Load:3.66, Inflammation Score:-7, Nutrition Score:26.948695652174%

Flavonoids

Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 1.9mg, Kaempferol: 1.9mg, Kaempferol: 1.9mg, Kaempferol: 1.9mg Myricetin: 0.97mg, Myricetin: 0.97mg, Myricetin: 0.97mg, Myricetin: 0.97mg Quercetin: 12.04mg, Quercetin: 12.04mg, Quercetin: 12.04mg, Quercetin: 12.04mg Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg

Nutrients (% of daily need)

Calories: 903.12kcal (45.16%), Fat: 73.54g (113.14%), Saturated Fat: 23.68g (148.02%), Carbohydrates: 18.4g (6.13%), Net Carbohydrates: 17.12g (6.23%), Sugar: 4.24g (4.71%), Cholesterol: 167.83mg (55.94%), Sodium: 1991.15mg (86.57%), Alcohol: 4.61g (25.63%), Protein: 32.69g (65.38%), Selenium: 93.2µg (133.14%), Vitamin B1: 1.1mg (73.11%), Vitamin B3: 11.69mg (58.44%), Phosphorus: 518.65mg (51.86%), Zinc: 7.55mg (50.3%), Vitamin B6: 0.91mg (45.55%), Vitamin B2: 0.75mg (44.16%), Vitamin B12: 1.68µg (27.99%), Potassium: 943.12mg (26.95%), Vitamin B5: 1.68mg (16.75%), Magnesium: 66.68mg (16.67%), Vitamin D: 2.49µg (16.63%), Copper: 0.31mg (15.4%), Manganese: 0.27mg

(13.64%), Vitamin K: 14.07 μ g (13.4%), Vitamin E: 1.65mg (10.97%), Iron: 1.7mg (9.47%), Calcium: 94mg (9.4%), Folate: 34.65 μ g (8.66%), Fiber: 1.28g (5.11%), Vitamin C: 4mg (4.85%)