



## Beer-Braised Bratwursts with Onion

READY IN



90 min.

SERVINGS



12

CALORIES



454 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 12 ounces ale such as newcastle
- 12 servings pepper black freshly ground
- 12 bratwurst uncooked
- 2 teaspoons brown mustard seeds black
- 1 teaspoon caraway seeds
- 1 tablespoon t brown sugar dark
- 12 servings kosher salt
- 12 portugese rolls toasted
- 4 tablespoons butter unsalted ()

- 3 medium onion white yellow sliced into 1/4-inch-thick rings

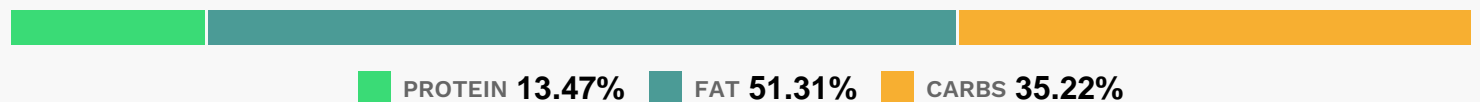
## Equipment

- ziploc bags
- rolling pin
- dutch oven
- meat tenderizer

## Directions

- Place the mustard seeds and caraway seeds in a small resealable plastic bag and crush them with a meat mallet or rolling pin. Melt the butter in a Dutch oven or a large, wide, heavy-bottomed pot over medium heat until foaming.
- Add 6 of the bratwursts and cook, turning occasionally, until browned on all sides, about 10 minutes total.
- Remove to a plate and repeat with the remaining 6 bratwursts. Reduce the heat to low, add the crushed seed mixture, onions, and brown sugar, and season generously with salt and pepper. Cook, stirring occasionally, until the onions have softened and are beginning to brown, about 40 minutes.
- Add the reserved bratwursts and any accumulated juices, nestling the brats in the onions.
- Pour in the beer and braise the bratwursts, turning once, until they are completely cooked through, about 30 minutes.
- Place a bratwurst in each bun and serve with the onions and mustard on the side.

## Nutrition Facts



## Properties

Glycemic Index:16.71, Glycemic Load:24.47, Inflammation Score:-3, Nutrition Score:11.068260856297%

## Flavonoids

Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.59mg, Quercetin: 5.59mg, Quercetin: 5.59mg, Quercetin: 5.59mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

## **Nutrients (% of daily need)**

Calories: 454.36kcal (22.72%), Fat: 25.32g (38.95%), Saturated Fat: 9.01g (56.32%), Carbohydrates: 39.11g (13.04%), Net Carbohydrates: 37.49g (13.63%), Sugar: 6.47g (7.19%), Cholesterol: 58.87mg (19.62%), Sodium: 1047.75mg (45.55%), Alcohol: 1.11g (100%), Alcohol %: 0.7% (100%), Protein: 14.96g (29.92%), Iron: 11.11mg (61.73%), Selenium: 26.63µg (38.04%), Vitamin B1: 0.32mg (21.21%), Vitamin B3: 3.36mg (16.78%), Phosphorus: 151.63mg (15.16%), Zinc: 2.21mg (14.74%), Vitamin B6: 0.26mg (13.17%), Vitamin B2: 0.22mg (12.92%), Vitamin B12: 0.5µg (8.26%), Potassium: 283.68mg (8.11%), Fiber: 1.62g (6.49%), Vitamin D: 0.8µg (5.31%), Vitamin B5: 0.49mg (4.93%), Magnesium: 19.16mg (4.79%), Copper: 0.09mg (4.26%), Calcium: 36.03mg (3.6%), Manganese: 0.06mg (3.18%), Vitamin K: 2.85µg (2.71%), Vitamin C: 2.07mg (2.51%), Vitamin A: 122.29IU (2.45%), Folate: 9.12µg (2.28%), Vitamin E: 0.29mg (1.94%)