



Beer Brats

 **Gluten Free**  **Dairy Free**

READY IN



60 min.

SERVINGS



8

CALORIES



278 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 24 oz beer divided
- 1.3 oz a.1. tomato & chili pepper marinade mix
- 2 Tbsp olive oil
- 2 large onions thinly sliced
- 2 pasilla peppers green red cut into thin strips
- 2 lb turkey bratwurst links lean

Equipment

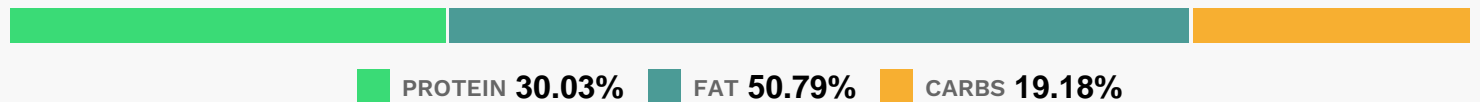
- frying pan

- sauce pan
- whisk
- grill

Directions

- Place vegetables in shallow dish.
- Whisk marinade mix, oil and 1/4 cup beer until blended; pour over vegetables.
- Let stand 30 min. at room temperature to marinate.
- Heat grill to medium heat.
- Transfer vegetable mixture to skillet; cook and stir on medium-high heat 5 min. or until onions are golden brown. Cover; simmer on low heat 10 min., stirring occasionally. Meanwhile, bring remaining beer to boil in medium saucepan.
- Add brats; cook 5 min.
- Drain brats; grill 4 to 5 min. or until done (160F), turning occasionally.
- Serve brats with vegetables.

Nutrition Facts



Properties

Glycemic Index:11.56, Glycemic Load:2.21, Inflammation Score:-9, Nutrition Score:8.4586956358474%

Flavonoids

Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.95mg, Kaempferol: 0.95mg, Kaempferol: 0.95mg, Kaempferol: 0.95mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 8.29mg, Quercetin: 8.29mg, Quercetin: 8.29mg, Quercetin: 8.29mg Galliccatechin: 0.07mg, Galliccatechin: 0.07mg, Galliccatechin: 0.07mg, Galliccatechin: 0.07mg

Nutrients (% of daily need)

Calories: 277.81kcal (13.89%), Fat: 14.56g (22.4%), Saturated Fat: 3.73g (23.31%), Carbohydrates: 12.37g (4.12%), Net Carbohydrates: 9.68g (3.52%), Sugar: 4.84g (5.37%), Cholesterol: 72.82mg (24.27%), Sodium: 737.12mg (32.05%),

Alcohol: 3.32g (100%), Alcohol %: 1.54% (100%), Protein: 19.36g (38.73%), Vitamin A: 2396.35IU (47.93%), Vitamin C: 27.98mg (33.92%), Vitamin E: 1.91mg (12.74%), Iron: 2.28mg (12.64%), Vitamin B6: 0.25mg (12.28%), Fiber: 2.69g (10.76%), Manganese: 0.16mg (8.1%), Vitamin K: 8.02µg (7.63%), Potassium: 230.81mg (6.59%), Vitamin B2: 0.09mg (5.54%), Vitamin B3: 1.07mg (5.34%), Magnesium: 19.71mg (4.93%), Calcium: 45.93mg (4.59%), Folate: 17.37µg (4.34%), Phosphorus: 42.64mg (4.26%), Vitamin B1: 0.05mg (3.54%), Copper: 0.07mg (3.5%), Vitamin B5: 0.22mg (2.22%), Zinc: 0.3mg (2.02%), Selenium: 0.98µg (1.4%)