



Beer Bratwurst

 Gluten Free

READY IN



50 min.

SERVINGS



2

CALORIES



576 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 12 ounce beer
- 4 bratwurst
- 0.3 small onion sweet sliced ()
- 1 tablespoon butter

Equipment

- pot
- tongs

Directions

- Pour 2 (12 ounce) bottle of beer in a 3 qt pot.
- Add butter to melt.
- Let it get hot first and add the bratwurst and sliced onions inches Cook, simmering the beer and turning the brats every 10 minutes for about 30 to 45 minutes (use your own judgment).
- Let the beer evaporate and reduce it until it is syrupy and to where it looks like it is coating the bratwurst well.
- Prepare the hot dog buns on a warm plate.
- When beer syrup is thick and reduced then make sure to coat bratwurst with the syrup well by turning and stirring and then with tongs, take them out and place them in the bun.
- Add some sauerkraut and eat!

Nutrition Facts

PROTEIN 14.62% **FAT 75.57%** **CARBS 9.81%**

Properties

Glycemic Index:59.25, Glycemic Load:3.5, Inflammation Score:-6, Nutrition Score:16.38608718955%

Flavonoids

Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Kaempferol: 1.85mg, Kaempferol: 1.85mg, Kaempferol: 1.85mg Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg Quercetin: 6.04mg, Quercetin: 6.04mg, Quercetin: 6.04mg, Quercetin: 6.04mg Gallocatechin: 0.14mg, Gallocatechin: 0.14mg, Gallocatechin: 0.14mg, Gallocatechin: 0.14mg

Nutrients (% of daily need)

Calories: 576.13kcal (28.81%), Fat: 44.25g (68.08%), Saturated Fat: 16.8g (104.99%), Carbohydrates: 12.93g (4.31%), Net Carbohydrates: 12.56g (4.57%), Sugar: 2.08g (2.31%), Cholesterol: 112.73mg (37.58%), Sodium: 1171.84mg (50.95%), Alcohol: 6.63g (100%), Alcohol %: 2.4% (100%), Protein: 19.26g (38.51%), Selenium: 53.7µg (76.72%), Vitamin B1: 0.63mg (42.11%), Vitamin B3: 7.27mg (36.33%), Phosphorus: 311.22mg (31.12%), Zinc: 4.37mg (29.11%), Vitamin B6: 0.56mg (28.19%), Vitamin B2: 0.46mg (26.97%), Vitamin B12: 1.01µg (16.83%), Potassium: 556.2mg (15.89%), Magnesium: 41.79mg (10.45%), Vitamin B5: 1mg (9.97%), Vitamin D: 1.45µg (9.68%), Copper: 0.17mg (8.45%), Folate: 23.89µg (5.97%), Calcium: 53.72mg (5.37%), Vitamin K: 5.1µg (4.86%), Iron: 0.84mg (4.68%),

Vitamin A: 183.26IU (3.67%), Vitamin E: 0.51mg (3.43%), Manganese: 0.06mg (3.18%), Vitamin C: 1.99mg (2.41%),
Fiber: 0.37g (1.49%)