



Beer-Simmered Bratwurst

 Dairy Free

READY IN

ready

50 min.

SERVINGS

servings

8

CALORIES

calories

709 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 cups german ale light
- ☐ 3 pounds precooked bratwurst with a fork
- ☐ 2 tablespoons canola oil
- ☐ 1 tablespoon caraway seeds
- ☐ 1 tablespoon coriander seeds
- ☐ 1 piece ginger fresh peeled chopped
- ☐ 1 tablespoon mustard seeds
- ☐ 3 large onions unpeeled roughly chopped

☐ 2 cloves garlic whole smashed

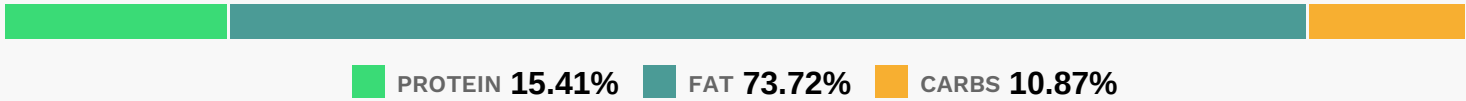
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ grill
- ☐ cutting board

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the grill for direct grilling, high heat.
- ☐ Combine the beer, caraway, coriander, mustard seeds, onions, garlic and ginger in a large stockpot. Then, add the bratwurst.
- ☐ Place the pot on the grates of the grill and bring to a simmer. Simmer the sausages until half-cooked, about 5 minutes.
- ☐ Remove the pan from the grill and let the bratwurst sit in the liquid for 30 minutes.
- ☐ Transfer the brats to a platter or cutting board and strain the liquid into a bowl, discard the solids.
- ☐ Brush the sausages with canola oil and grill until the casings are crisp and golden brown and the sausages are cooked through, 4 to 6 minutes per side. Keep warm until serving.

Nutrition Facts



Properties

Glycemic Index:17.56, Glycemic Load:5.15, Inflammation Score:-7, Nutrition Score:22.153913063848%

Flavonoids

Catechin: 0.67mg, Catechin: 0.67mg, Catechin: 0.67mg, Catechin: 0.67mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.82mg, Isorhamnetin:

2.82mg, Isorhamnetin: 2.82mg, Isorhamnetin: 2.82mg Kaempferol: 1.8mg, Kaempferol: 1.8mg, Kaempferol: 1.8mg, Kaempferol: 1.8mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 11.47mg, Quercetin: 11.47mg, Quercetin: 11.47mg, Quercetin: 11.47mg Gallocatechin: 0.14mg, Gallocatechin: 0.14mg, Gallocatechin: 0.14mg, Gallocatechin: 0.14mg

Nutrients (% of daily need)

Calories: 709.14kcal (35.46%), Fat: 53.95g (83.01%), Saturated Fat: 17.33g (108.32%), Carbohydrates: 17.89g (5.96%), Net Carbohydrates: 16.19g (5.89%), Sugar: 2.51g (2.78%), Cholesterol: 125.87mg (41.96%), Sodium: 1449.12mg (63.01%), Alcohol: 6.9g (100%), Alcohol %: 2.13% (100%), Protein: 25.38g (50.77%), Selenium: 72.1µg (103%), Vitamin B1: 0.83mg (55.51%), Vitamin B3: 9.26mg (46.28%), Phosphorus: 414.54mg (41.45%), Zinc: 5.81mg (38.72%), Vitamin B6: 0.72mg (36.2%), Vitamin B2: 0.59mg (34.76%), Potassium: 756.69mg (21.62%), Vitamin B12: 1.28µg (21.29%), Magnesium: 61.61mg (15.4%), Vitamin B5: 1.29mg (12.92%), Vitamin D: 1.87µg (12.47%), Copper: 0.23mg (11.68%), Manganese: 0.18mg (9.02%), Calcium: 82.4mg (8.24%), Vitamin K: 8.59µg (8.18%), Iron: 1.42mg (7.91%), Vitamin E: 1.16mg (7.72%), Folate: 28.83µg (7.21%), Fiber: 1.7g (6.82%), Vitamin C: 4.83mg (5.85%)