



Big Ol' Beer Brat Sub

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



343 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 baguette
- 24 ounce pilsner beer canned
- 2 teaspoons dijon mustard
- 3 granny smith apples cored peeled sliced
- 8 servings kosher salt and pepper freshly ground
- 1 onion sliced
- 1 tablespoon jalapeño peppers chopped
- 2 cups sauerkraut drained

- 4 bratwurst sausages fresh
- 6 ounces velveeta cubed

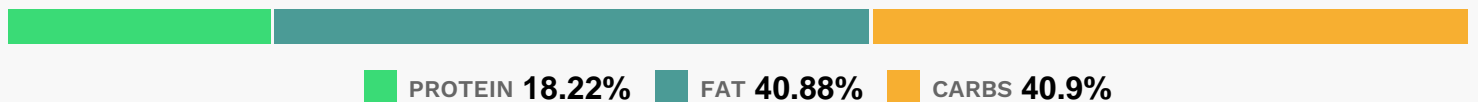
Equipment

- sauce pan
- grill

Directions

- Preheat a grill to medium high.
- Combine the beer, apples, onion, 1/2 teaspoon salt and 1/4 teaspoon pepper in a saucepan and bring to a simmer over medium heat.
- Add the brats and simmer, stirring occasionally, until cooked through, 10 to 15 minutes. Strain the brats, reserving 1 cup of the poaching liquid. Brown the poached brats on the grill, turning, 5 to 6 minutes.
- Combine the Velveeta, 3/4 cup of the reserved poaching liquid, the pickled jalapenos and mustard in a small saucepan over low heat. Cook, stirring constantly, until melted and combined.
- Add more poaching liquid if you want to thin the sauce. Keep warm.
- Sandwich build: Split the baguette in half lengthwise and lightly toast on the grill. Halve the brats lengthwise and layer them on the baguette bottom. Top with the sauerkraut, a drizzle of the beer-cheese sauce and the baguette top.
- Cut into individual sandwiches and serve with the remaining beer-cheese sauce.
- Photograph by Kang Kim

Nutrition Facts



Properties

Glycemic Index:32.91, Glycemic Load:14.47, Inflammation Score:-6, Nutrition Score:11.815652152766%

Flavonoids

Cyanidin: 1.07mg, Cyanidin: 1.07mg, Cyanidin: 1.07mg, Cyanidin: 1.07mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.21mg, Catechin: 1.21mg, Catechin: 1.21mg, Catechin: 1.21mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 5.21mg, Epicatechin: 5.21mg, Epicatechin: 5.21mg, Epicatechin: 5.21mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.88mg, Kaempferol: 0.88mg, Kaempferol: 0.88mg, Kaempferol: 0.88mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.55mg, Quercetin: 5.55mg, Quercetin: 5.55mg, Quercetin: 5.55mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 342.75kcal (17.14%), Fat: 14.62g (22.49%), Saturated Fat: 5.46g (34.12%), Carbohydrates: 32.91g (10.97%), Net Carbohydrates: 29.26g (10.64%), Sugar: 11.63g (12.92%), Cholesterol: 39.53mg (13.18%), Sodium: 1268.36mg (55.15%), Alcohol: 3.32g (100%), Alcohol %: 1.4% (100%), Protein: 14.65g (29.31%), Phosphorus: 336.86mg (33.69%), Vitamin B1: 0.33mg (22.09%), Vitamin B2: 0.34mg (20.13%), Vitamin B3: 3.99mg (19.97%), Calcium: 181.19mg (18.12%), Vitamin B6: 0.3mg (14.78%), Fiber: 3.64g (14.58%), Folate: 52.41µg (13.1%), Manganese: 0.26mg (12.81%), Iron: 2.27mg (12.64%), Zinc: 1.84mg (12.25%), Vitamin C: 9.82mg (11.91%), Potassium: 398.25mg (11.38%), Selenium: 6.6µg (9.43%), Magnesium: 29.37mg (7.34%), Vitamin K: 7.46µg (7.1%), Copper: 0.13mg (6.54%), Vitamin B12: 0.38µg (6.3%), Vitamin A: 306.33IU (6.13%), Vitamin B5: 0.54mg (5.39%), Vitamin D: 0.55µg (3.68%), Vitamin E: 0.36mg (2.4%)