



Brat Wraps

READY IN



30 min.

SERVINGS



30

CALORIES



67 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 24 oz beer
- 4 bratwurst fully cooked
- 4 8-inch flour tortillas warmed ()
- 1 Tbsp a.1. original sauce
- 2 singles halved kraft
- 1 Tbsp olive oil
- 1 large onion thinly sliced

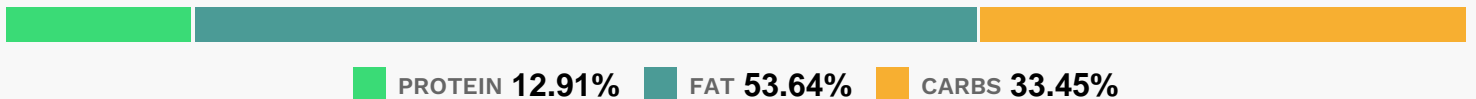
Equipment

- frying pan
- sauce pan
- grill

Directions

- Heat grill to medium heat.
- Cook and stir onions in hot oil in large skillet on medium-high heat 5 min. or until onions are golden brown; cover. Simmer on low heat 10 min.
- Meanwhile, bring beer to boil in medium saucepan.
- Add bratwurst; cook 5 min.
- Drain bratwurst. Grill 4 to 5 min. or until heated through and browned, turning occasionally.
- Stir steak sauce into onions. Top tortillas with Singles pieces, bratwurst and onions; roll up.

Nutrition Facts



Properties

Glycemic Index:4.32, Glycemic Load:1.56, Inflammation Score:-1, Nutrition Score:1.9947826023335%

Flavonoids

Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 66.7kcal (3.33%), Fat: 3.59g (5.52%), Saturated Fat: 1.15g (7.16%), Carbohydrates: 5.03g (1.68%), Net Carbohydrates: 4.71g (1.71%), Sugar: 0.58g (0.65%), Cholesterol: 6.52mg (2.17%), Sodium: 132.48mg (5.76%), Alcohol: 0.88g (100%), Alcohol %: 2.53% (100%), Protein: 1.94g (3.88%), Selenium: 5.17µg (7.39%), Vitamin B1: 0.08mg (5.2%), Vitamin B3: 0.85mg (4.23%), Phosphorus: 37.55mg (3.76%), Vitamin B2: 0.05mg (3.14%), Vitamin B6: 0.05mg (2.46%), Folate: 8.97µg (2.24%), Zinc: 0.33mg (2.23%), Manganese: 0.04mg (2.15%), Iron: 0.31mg (1.73%), Potassium: 52.71mg (1.51%), Calcium: 14.93mg (1.49%), Magnesium: 5.2mg (1.3%), Fiber: 0.32g (1.29%), Vitamin B12: 0.07µg (1.15%), Vitamin K: 1.09µg (1.04%)