



Brats on a Stick with Sweet Mustard Glaze



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



512 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons apple cider vinegar
- ☐ 0.3 cup apple jelly
- ☐ 4 bratwurst links cooked sliced into 4 pieces
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 5 tablespoons olive oil
- ☐ 16 pearl onions frozen thawed
- ☐ 1 bell pepper red cut into 1-inch pieces
- ☐ 1 teaspoon honey bbq seasoning mix

- ☐ 0.3 cup spicy brown mustard
- ☐ 8 medium mushrooms white cut in half

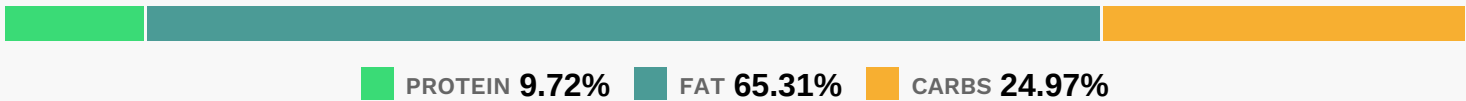
Equipment

- ☐ bowl
- ☐ grill
- ☐ skewers
- ☐ grill pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Special equipment: 8 bamboo skewers, soaked in water for 30 minutes
- ☐ Preheat a barbeque grill or indoor grill pan to medium heat.
- ☐ In a small bowl, stir together the apple jelly, mustard, apple cider vinegar, 2 tablespoons olive oil and honey BBQ seasoning. Set aside.
- ☐ Alternate 2 pieces of bratwurst, red pepper, mushroom and pearl onions on each of the skewers.
- ☐ Brush with the remaining 3 tablespoons olive oil and sprinkle with salt and pepper.
- ☐ Place on an oiled grill and cook, 3 minutes. Flip and liberally brush with the glaze. Grill an additional 3 minutes, then flip and brush with more glaze. Grill for an addition 2 minutes per side, brushing again with the glaze.
- ☐ Remove from the grill and serve. Any remaining glaze can be brushed onto the skewers or served alongside as a dipping sauce.

Nutrition Facts



Properties

Glycemic Index:69.5, Glycemic Load:11.65, Inflammation Score:-8, Nutrition Score:20.051304340363%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 6.01mg, Isorhamnetin: 6.01mg, Isorhamnetin: 6.01mg, Isorhamnetin: 6.01mg Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 24.43mg, Quercetin: 24.43mg, Quercetin: 24.43mg, Quercetin: 24.43mg

Nutrients (% of daily need)

Calories: 512.31kcal (25.62%), Fat: 37.74g (58.06%), Saturated Fat: 9.18g (57.4%), Carbohydrates: 32.46g (10.82%), Net Carbohydrates: 28.37g (10.32%), Sugar: 17.65g (19.61%), Cholesterol: 48.84mg (16.28%), Sodium: 745.22mg (32.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.64g (25.28%), Vitamin C: 49.8mg (60.36%), Selenium: 36µg (51.42%), Vitamin B1: 0.44mg (29.3%), Vitamin B6: 0.52mg (25.77%), Vitamin B2: 0.43mg (25.53%), Vitamin B3: 5.03mg (25.15%), Vitamin K: 25.04µg (23.85%), Phosphorus: 234.49mg (23.45%), Vitamin E: 3.29mg (21.91%), Manganese: 0.4mg (20.18%), Vitamin A: 981.86IU (19.64%), Zinc: 2.77mg (18.44%), Potassium: 637.25mg (18.21%), Fiber: 4.09g (16.37%), Copper: 0.28mg (14%), Vitamin B5: 1.27mg (12.73%), Folate: 49.73µg (12.43%), Magnesium: 44.3mg (11.07%), Iron: 1.82mg (10.11%), Vitamin B12: 0.5µg (8.27%), Calcium: 76.71mg (7.67%), Vitamin D: 0.8µg (5.32%)