



Bratwurst Stewed with Sauerkraut

 Dairy Free

READY IN



75 min.

SERVINGS



10

CALORIES



442 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 baguette
- 2 pounds bratwurst links fresh
- 1 tablespoon caraway seed
- 3 cups chicken stock see
- 2 tablespoons optional: dill fresh chopped
- 2 garlic cloves minced
- 2 tablespoons oil
- 2 onions chopped

- 1 tablespoon paprika
- 4 cups sauerkraut drained

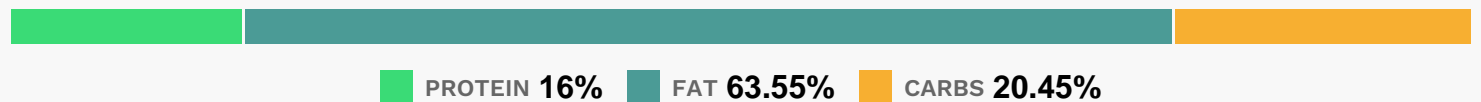
Equipment

- frying pan

Directions

- In a large pan, heat oil over high heat. Brown bratwurst in oil and reduce heat to medium.
- Add onions and garlic and cook until lightly caramelized.
- Add stock, paprika, caraway seeds, and sauerkraut and simmer for 45 minutes.
- Remove from heat and stir in fresh dill.
- Serve on baguette.

Nutrition Facts



Properties

Glycemic Index:21.88, Glycemic Load:9.76, Inflammation Score:-6, Nutrition Score:17.509130477905%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Isorhamnetin: 1.14mg, Isorhamnetin: 1.14mg, Isorhamnetin: 1.14mg, Isorhamnetin: 1.14mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.53mg, Quercetin: 4.53mg, Quercetin: 4.53mg, Quercetin: 4.53mg

Nutrients (% of daily need)

Calories: 442.01kcal (22.1%), Fat: 31.12g (47.88%), Saturated Fat: 9.69g (60.58%), Carbohydrates: 22.52g (7.51%), Net Carbohydrates: 19.49g (7.09%), Sugar: 4.34g (4.82%), Cholesterol: 69.29mg (23.1%), Sodium: 1402mg (60.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.63g (35.27%), Selenium: 42.55µg (60.79%), Vitamin B1: 0.62mg (41%), Vitamin B3: 6.83mg (34.16%), Vitamin B2: 0.45mg (26.48%), Phosphorus: 256.2mg (25.62%), Vitamin B6: 0.49mg (24.58%), Zinc: 3.46mg (23.09%), Potassium: 578.04mg (16.52%), Iron: 2.64mg (14.65%), Manganese: 0.27mg (13.64%), Vitamin K: 14.02µg (13.35%), Folate: 51.42µg (12.86%), Vitamin C: 10.51mg (12.74%), Fiber: 3.03g (12.13%), Copper: 0.24mg (11.95%), Vitamin B12: 0.66µg (11.04%), Magnesium: 41mg (10.25%), Calcium: 82.9mg (8.29%), Vitamin B5: 0.8mg (8%), Vitamin E: 1.12mg (7.49%), Vitamin A: 371.45IU (7.43%), Vitamin D: 1µg (6.65%)