



Bratwurst with Apples, Onion, and Sauerkraut

READY IN



45 min.

SERVINGS



6

CALORIES



408 kcal

SIDE DISH

Ingredients

- ☐ 4 bay leaves
- ☐ 1 cup beef broth
- ☐ 1 pound bratwurst smoked whole with skewer
- ☐ 1.5 tablespoons butter melted
- ☐ 1 teaspoon caraway seeds
- ☐ 2 tablespoons mirin dry
- ☐ 1 teaspoon fennel seeds
- ☐ 0.5 teaspoon pepper black
- ☐ 2 tablespoons catsup

- ☐ 1 pound onion halved lengthwise thinly sliced
- ☐ 6 servings pumpernickel bread whole
- ☐ 3 large delicious apples cored peeled thinly sliced ()
- ☐ 4 cups sauerkraut fresh dry rinsed drained (preferably) (from one 32-ounce jar)
- ☐ 1 tablespoon wondra quick-mixing flour

Equipment

- ☐ oven
- ☐ baking pan
- ☐ aluminum foil
- ☐ ziploc bags
- ☐ measuring cup

Directions

- ☐ Position rack in center of oven; preheat to 400°F.
- ☐ Place caraway seeds and fennel seeds in small resealable plastic bag. Crush seeds with mallet.
- ☐ Add flour and pepper to bag; shake to blend.
- ☐ Spread sauerkraut over bottom of 13x9x2-inch glass or ceramic baking dish.
- ☐ Sprinkle 1/3 of flour mixture over. Arrange onion slices over; sprinkle with half of remaining flour mixture, then lightly with salt.
- ☐ Spread half of apple slices over, then sprinkle with remaining flour mixture.
- ☐ Place bratwurst over apples, then arrange remaining apple slices around bratwurst. Tuck in bay leaves.
- ☐ Mix broth, vermouth, and ketchup in measuring cup.
- ☐ Pour broth mixture evenly over. Cover tightly with foil.
- ☐ Roast bratwurst 45 minutes. Uncover; brush with melted butter. Roast uncovered until edges of apples and sausages begin to brown, about 25 minutes longer.
- ☐ Serve with bread.

Nutrition Facts



 **PROTEIN 12.85%**  **FAT 55.31%**  **CARBS 31.84%**

Properties

Glycemic Index:42.83, Glycemic Load:6.9, Inflammation Score:-6, Nutrition Score:16.928695720175%

Flavonoids

Cyanidin: 1.75mg, Cyanidin: 1.75mg, Cyanidin: 1.75mg, Cyanidin: 1.75mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.45mg, Catechin: 1.45mg, Catechin: 1.45mg, Catechin: 1.45mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 8.4mg, Epicatechin: 8.4mg, Epicatechin: 8.4mg, Epicatechin: 8.4mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 3.79mg, Isorhamnetin: 3.79mg, Isorhamnetin: 3.79mg, Isorhamnetin: 3.79mg Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 19.87mg, Quercetin: 19.87mg, Quercetin: 19.87mg, Quercetin: 19.87mg

Nutrients (% of daily need)

Calories: 408.49kcal (20.42%), Fat: 25.54g (39.3%), Saturated Fat: 9.51g (59.44%), Carbohydrates: 33.09g (11.03%), Net Carbohydrates: 25.9g (9.42%), Sugar: 17.56g (19.51%), Cholesterol: 63.47mg (21.16%), Sodium: 1492.46mg (64.89%), Alcohol: 0.47g (100%), Alcohol %: 0.14% (100%), Protein: 13.36g (26.71%), Selenium: 31.6µg (45.15%), Vitamin C: 25.02mg (30.32%), Vitamin B1: 0.44mg (29.37%), Fiber: 7.19g (28.75%), Vitamin B6: 0.52mg (26.22%), Vitamin B3: 4.54mg (22.68%), Phosphorus: 223.34mg (22.33%), Potassium: 704.98mg (20.14%), Vitamin B2: 0.33mg (19.69%), Zinc: 2.87mg (19.14%), Manganese: 0.36mg (18.24%), Vitamin K: 18.31µg (17.44%), Iron: 2.45mg (13.61%), Copper: 0.25mg (12.26%), Folate: 48.45µg (12.11%), Magnesium: 45.89mg (11.47%), Vitamin B12: 0.59µg (9.76%), Calcium: 85.89mg (8.59%), Vitamin B5: 0.77mg (7.73%), Vitamin D: 0.83µg (5.54%), Vitamin E: 0.71mg (4.76%), Vitamin A: 203.11IU (4.06%)