



Bratwurst With Potato Cakes

READY IN



35 min.

SERVINGS



4

CALORIES



483 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 links bratwurst (1 pound total)
- 0.3 cup parsley and/or dill fresh chopped
- 2 large eggs lightly beaten
- 2 tablespoons flour all-purpose
- 4 servings kosher salt and pepper freshly ground
- 1 teaspoon olive oil for frying extra-virgin plus more
- 1 pound sauerkraut dry rinsed drained
- 1 bunch scallions thinly sliced
- 2 tablespoons cup heavy whipping cream sour

- 6 tablespoons whole-grain mustard
- 3 medium yukon gold potatoes ()

Equipment

- bowl
- frying pan
- paper towels
- oven
- microwave
- box grater

Directions

- Pierce the potatoes in a few places with a fork; microwave until slightly softened, about 4 minutes, then halve lengthwise. When cool enough to handle, grate the cut sides on the large holes of a box grater into a large bowl.
- Add the sauerkraut to the grated potatoes along with the herbs, eggs, three-quarters of the scallions, 1 teaspoon salt, and pepper to taste. Stir in 1 tablespoon flour, then form into four 1/2-inch-thick patties.
- Sprinkle the patties with the remaining 1 tablespoon flour.
- Heat the olive oil in a medium skillet over medium heat. Pierce the bratwurst all over with a fork, add to the pan and cook, turning, until golden brown, 5 minutes per side. Meanwhile, heat 1/3 inch olive oil in a large skillet over medium heat.
- Add the potato patties and cook until golden, 6 minutes per side.
- Drain on paper towels.
- Remove the bratwurst from the skillet and reduce the heat to medium low.
- Add 1/2 cup water and bring to a simmer, then add the mustard and sour cream and stir until hot.
- Cut the bratwurst into pieces and serve with the potato cakes, sauce and the remaining scallions.
- Photograph by Christopher Testani

Nutrition Facts

PROTEIN 16.54% FAT 54.9% CARBS 28.56%

Properties

Glycemic Index:78.69, Glycemic Load:19.75, Inflammation Score:-7, Nutrition Score:29.059999922047%

Flavonoids

Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 1.19mg, Kaempferol: 1.19mg, Kaempferol: 1.19mg, Kaempferol: 1.19mg Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg Quercetin: 1.56mg, Quercetin: 1.56mg, Quercetin: 1.56mg, Quercetin: 1.56mg

Nutrients (% of daily need)

Calories: 482.81kcal (24.14%), Fat: 29.67g (45.65%), Saturated Fat: 10.06g (62.86%), Carbohydrates: 34.74g (11.58%), Net Carbohydrates: 27.3g (9.93%), Sugar: 3.81g (4.23%), Cholesterol: 159.44mg (53.15%), Sodium: 1958.1mg (85.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.11g (40.23%), Vitamin K: 94.61µg (90.1%), Selenium: 51.67µg (73.81%), Vitamin C: 48.05mg (58.24%), Vitamin B6: 0.87mg (43.53%), Vitamin B1: 0.61mg (40.38%), Phosphorus: 358.96mg (35.9%), Potassium: 1142.49mg (32.64%), Vitamin B3: 6.04mg (30.19%), Fiber: 7.44g (29.77%), Vitamin B2: 0.49mg (28.99%), Zinc: 3.92mg (26.16%), Manganese: 0.52mg (26.07%), Iron: 4.41mg (24.5%), Magnesium: 80.22mg (20.06%), Folate: 80.25µg (20.06%), Copper: 0.39mg (19.34%), Vitamin B5: 1.56mg (15.56%), Vitamin B12: 0.86µg (14.26%), Vitamin A: 592.14IU (11.84%), Calcium: 117.53mg (11.75%), Vitamin D: 1.43µg (9.57%), Vitamin E: 0.85mg (5.66%)