



Cheddar Bratzenkraut



Vegetarian



Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



452 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons brown mustard
- ☐ 1 tablespoon brown sugar
- ☐ 0.1 teaspoon ground celery seed
- ☐ 12 ounces cheddar bratwurst sausages fully-cooked cut into 1/4-inch slices
- ☐ 16 ounce shoestring fries frozen french
- ☐ 0.1 teaspoon ground pepper black
- ☐ 14.5 ounce sauerkraut drained canned

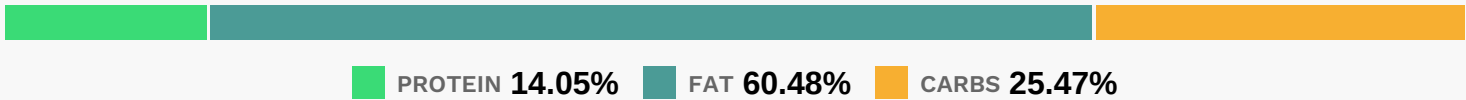
Equipment

- ☐ bowl
- ☐ oven
- ☐ glass baking pan

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C).
- ☐ Spread sauerkraut into bottom of a 9-inch square glass baking dish.
- ☐ Stir reserved liquid from sauerkraut, brown mustard, brown sugar, celery seed, and black pepper together in a bowl; drizzle over sauerkraut. Arrange sausage slices in a layer over the sauerkraut and sauce. Loosely pile frozen french fries atop the sausage.
- ☐ Bake in preheated oven until the french fries are lightly browned, 20 to 30 minutes.

Nutrition Facts



Properties

Glycemic Index:25.89, Glycemic Load:13.16, Inflammation Score:-5, Nutrition Score:13.889999970146%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 452.16kcal (22.61%), Fat: 30.93g (47.58%), Saturated Fat: 14.36g (89.75%), Carbohydrates: 29.3g (9.77%), Net Carbohydrates: 23.82g (8.66%), Sugar: 3.39g (3.77%), Cholesterol: 56.7mg (18.9%), Sodium: 1194.83mg (51.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.16g (32.32%), Calcium: 432.57mg (43.26%), Phosphorus: 337.49mg (33.75%), Selenium: 18.25µg (26.08%), Fiber: 5.49g (21.94%), Vitamin C: 14.89mg (18.05%), Vitamin B2: 0.29mg (17.09%), Zinc: 2.51mg (16.7%), Manganese: 0.31mg (15.34%), Potassium: 493.92mg (14.11%), Vitamin B6: 0.27mg (13.41%), Iron: 2.19mg (12.19%), Vitamin A: 580.91IU (11.62%), Folate: 46.09µg (11.52%), Magnesium: 40.72mg (10.18%), Vitamin B12: 0.6µg (10.02%), Vitamin K: 10.37µg (9.88%), Vitamin B3: 1.86mg (9.29%), Vitamin B5: 0.71mg (7.15%), Vitamin B1: 0.09mg (6.16%), Copper: 0.12mg (5.75%), Vitamin E: 0.56mg (3.71%), Vitamin D: 0.34µg (2.27%)