



Cider-Glazed Brats with Apples and Onions

 Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



318 kcal

SIDE DISH

Ingredients

- 2 tablespoons butter
- 1 small onion thinly sliced
- 1 serving salt and pepper to taste
- 14 oz bratwurst smoked cooked (6 links)
- 2 cups apple cider
- 1 tablespoon brown sugar packed
- 1 apples i use 2 granny smith apples peeled cut into julienne strips

Equipment

frying pan

Directions

- In 12-inch skillet, melt butter over medium heat.
- Add onion; sprinkle with salt and pepper. Cook onions about 5 minutes, stirring occasionally.
- Add bratwurst links; increase heat to medium-high. Cook about 8 minutes or until bratwurst are brown on all sides. Stir in apple cider and brown sugar.
- Heat to boiling. Reduce heat to medium; simmer about 5 minutes.
- Remove bratwurst from skillet; place on plate. Cover; set aside.
- Add apple to skillet; cook 10 minutes or until apple softens and sauce thickens. Return bratwurst to skillet.
- Serve.

Nutrition Facts

 PROTEIN 11.77%  FAT 65.64%  CARBS 22.59%

Properties

Glycemic Index:29.63, Glycemic Load:5.43, Inflammation Score:-2, Nutrition Score:8.6556522276091%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.38mg, Catechin: 1.38mg, Catechin: 1.38mg, Catechin: 1.38mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 5.99mg, Epicatechin: 5.99mg, Epicatechin: 5.99mg, Epicatechin: 5.99mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.04mg, Quercetin: 4.04mg, Quercetin: 4.04mg, Quercetin: 4.04mg

Nutrients (% of daily need)

Calories: 317.96kcal (15.9%), Fat: 23.27g (35.79%), Saturated Fat: 9.04g (56.53%), Carbohydrates: 18.01g (6.01%), Net Carbohydrates: 16.93g (6.16%), Sugar: 13.16g (14.62%), Cholesterol: 58.98mg (19.66%), Sodium: 626.4mg (27.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.39g (18.78%), Selenium: 26.47µg (37.81%), Vitamin B1: 0.33mg (22.06%), Vitamin B3: 3.28mg (16.39%), Phosphorus: 151.02mg (15.1%), Zinc: 2.2mg (14.68%), Vitamin B2:

0.23mg (13.47%), Vitamin B6: 0.26mg (12.89%), Potassium: 362.93mg (10.37%), Vitamin B12: 0.49µg (8.18%),
Vitamin B5: 0.52mg (5.2%), Magnesium: 20.78mg (5.2%), Vitamin D: 0.73µg (4.85%), Manganese: 0.09mg (4.73%),
Copper: 0.09mg (4.6%), Fiber: 1.08g (4.33%), Vitamin C: 2.97mg (3.6%), Calcium: 32.12mg (3.21%), Vitamin K:
3.29µg (3.13%), Iron: 0.52mg (2.9%), Vitamin A: 137.99IU (2.76%), Vitamin E: 0.35mg (2.3%), Folate: 5.27µg (1.32%)