



Country Brats

 **Gluten Free**  **Dairy Free**

READY IN



15 min.

SERVINGS



6

CALORIES



492 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 bratwurst fully cooked
- 12 oz from 1 bottle old el mild taco sauce canned
- 0.8 cup pickle relish sweet
- 0.3 cup bell pepper red chopped
- 3 tablespoons dijon mustard
- 6 bratwurst split

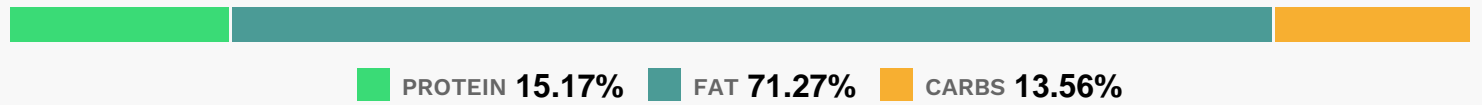
Equipment

- sauce pan

Directions

- Pierce each bratwurst with fork 3 or 4 times. In 2-quart saucepan, heat beer and bratwurst to boiling; reduce heat. Cover; simmer about 10 minutes or until bratwurst are thoroughly heated; drain.
- Mix relish and bell pepper.
- Spread mustard on buns.
- Place bratwursts in buns. Spoon 2 tablespoons relish over top of each bratwurst.

Nutrition Facts



Properties

Glycemic Index:20, Glycemic Load:1.16, Inflammation Score:-5, Nutrition Score:17.867391394532%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 492.37kcal (24.62%), Fat: 39.02g (60.03%), Saturated Fat: 13.24g (82.74%), Carbohydrates: 16.7g (5.57%), Net Carbohydrates: 15.91g (5.79%), Sugar: 9.28g (10.31%), Cholesterol: 97.68mg (32.56%), Sodium: 1448.86mg (62.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.69g (37.38%), Selenium: 54.96µg (78.51%), Vitamin B1: 0.62mg (41.56%), Vitamin B3: 6.62mg (33.12%), Zinc: 4.51mg (30.07%), Phosphorus: 294.23mg (29.42%), Vitamin K: 30.57µg (29.11%), Vitamin B2: 0.43mg (25.03%), Vitamin B6: 0.46mg (22.97%), Vitamin B12: 0.96µg (16.06%), Potassium: 540.69mg (15.45%), Magnesium: 48.34mg (12.08%), Vitamin A: 580.64IU (11.61%), Vitamin C: 8.28mg (10.04%), Vitamin D: 1.45µg (9.68%), Vitamin B5: 0.92mg (9.23%), Copper: 0.17mg (8.5%), Iron: 1.37mg (7.63%), Manganese: 0.12mg (5.9%), Calcium: 56.08mg (5.61%), Vitamin E: 0.65mg (4.3%), Fiber: 0.79g (3.16%), Folate: 7.65µg (1.91%)