



Country Brats

 Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



463 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 oz beer canned
- ☐ 6 bratwurst fully cooked
- ☐ 3 tablespoons dijon mustard
- ☐ 0.3 cup bell pepper red chopped
- ☐ 6 portugese rolls split
- ☐ 0.8 cup pickle relish sweet

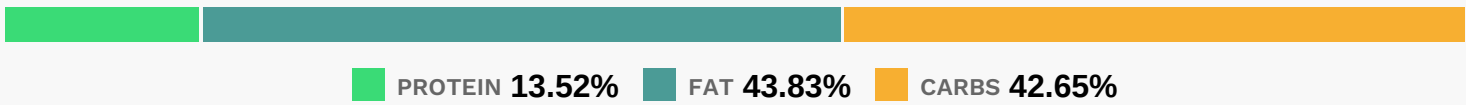
Equipment

- ☐ 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:34.25, Glycemic Load:24.4, Inflammation Score:-5, Nutrition Score:13.37999990712%

Flavonoids

Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 463.4kcal (23.17%), Fat: 21.89g (33.68%), Saturated Fat: 6.64g (41.49%), Carbohydrates: 47.93g (15.98%), Net Carbohydrates: 46.08g (16.76%), Sugar: 13.61g (15.12%), Cholesterol: 48.84mg (16.28%), Sodium: 1184.27mg (51.49%), Alcohol: 2.21g (100%), Alcohol %: 1.18% (100%), Protein: 15.19g (30.38%), Iron: 11.42mg (63.46%), Selenium: 29.1µg (41.57%), Vitamin K: 28.32µg (26.98%), Vitamin B1: 0.32mg (21.55%), Vitamin B3: 3.63mg (18.17%), Phosphorus: 159.22mg (15.92%), Zinc: 2.26mg (15.05%), Vitamin B2: 0.24mg (13.95%), Vitamin B6: 0.27mg (13.49%), Vitamin A: 576.68IU (11.53%), Vitamin C: 8.28mg (10.04%), Vitamin B12: 0.49µg (8.22%), Potassium: 276.99mg (7.91%), Fiber: 1.85g (7.42%), Magnesium: 23.14mg (5.78%), Copper: 0.1mg (5.21%), Vitamin B5: 0.51mg (5.07%), Vitamin D: 0.73µg (4.84%), Calcium: 33.22mg (3.32%), Vitamin E: 0.47mg (3.16%), Manganese: 0.06mg (2.83%), Folate: 9.07µg (2.27%)