



Currywurst



Vegetarian



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



251 kcal

SIDE DISH

Ingredients

- ☐ 4 beer bratwursts
- ☐ 0.3 cup brown sugar
- ☐ 2 tablespoons cider vinegar
- ☐ 3 tablespoons curry powder
- ☐ 0.3 teaspoon mustard dry
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.1 teaspoon ground cloves
- ☐ 0.3 teaspoon ground cumin

- ☐ 1 tablespoon hungarian paprika sweet
- ☐ 2 cups catsup
- ☐ 1 onion minced
- ☐ 0.5 teaspoon salt
- ☐ 6 ounce tomato paste canned
- ☐ 1 tablespoon vegetable oil
- ☐ 1 cup water

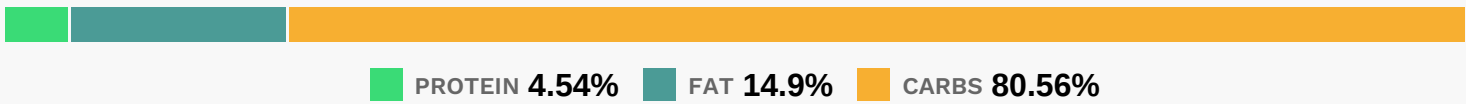
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ Heat the oil in a skillet over medium heat. Cook the onion in the hot oil until soft, but do not brown.
- ☐ Combine the tomato paste, 3 tablespoons water, brown sugar, salt, cumin, mustard, cinnamon, cloves, and vinegar in a pot over medium heat; simmer 2 minutes; stir in the cooked onion.
- ☐ Mix together 1 tablespoon vegetable oil, curry powder, Hungarian paprika, ketchup, and 1 cup water in a bowl; stir into tomato paste mixture; simmer another 2 minutes.
- ☐ Cook the bratwurst in a large skillet over medium heat until browned.
- ☐ Pour the sauce into the skillet with the bratwurst. Reduce heat to low and cook until sausages reach an internal temperature of 165 degrees F (75 degrees C), about 10 minutes.

Nutrition Facts



Properties

Glycemic Index:43.88, Glycemic Load:1.59, Inflammation Score:-8, Nutrition Score:12.152608664139%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.61mg, Quercetin: 6.61mg, Quercetin: 6.61mg, Quercetin: 6.61mg

Nutrients (% of daily need)

Calories: 251.26kcal (12.56%), Fat: 4.6g (7.07%), Saturated Fat: 0.71g (4.43%), Carbohydrates: 55.94g (18.65%), Net Carbohydrates: 52.08g (18.94%), Sugar: 42.29g (46.98%), Cholesterol: 0mg (0%), Sodium: 1447.48mg (62.93%), Alcohol: 0.04g (100%), Alcohol %: 0.02% (100%), Protein: 3.15g (6.3%), Vitamin A: 1615.99IU (32.32%), Manganese: 0.55mg (27.39%), Vitamin E: 4.08mg (27.23%), Vitamin B6: 0.38mg (19.16%), Potassium: 639.71mg (18.28%), Vitamin K: 18.25µg (17.38%), Iron: 2.96mg (16.45%), Vitamin B2: 0.26mg (15.53%), Fiber: 3.86g (15.42%), Vitamin C: 11.42mg (13.84%), Vitamin B3: 2.63mg (13.17%), Copper: 0.26mg (12.95%), Magnesium: 44.83mg (11.21%), Calcium: 81.38mg (8.14%), Phosphorus: 77.08mg (7.71%), Folate: 29.78µg (7.44%), Vitamin B1: 0.08mg (5.12%), Zinc: 0.65mg (4.37%), Selenium: 2.57µg (3.67%), Vitamin B5: 0.27mg (2.73%)