



## German Potato Salad with Brats



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



291 kcal

SIDE DISH

### Ingredients

- ☐ 1 tablespoon vegetable oil
- ☐ 1 pound bratwurst fully cooked
- ☐ 4.7 oz potatoes
- ☐ 2.8 cups water hot
- ☐ 2 tablespoons vinegar white
- ☐ 1 serving paprika

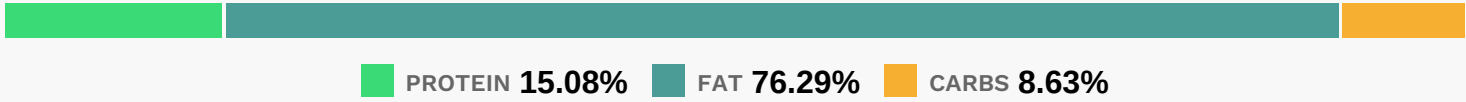
### Equipment

- ☐ frying pan

# Directions

- ☐ Heat oil in 10-inch skillet over medium heat. Cook bratwurst in oil, turning occasionally, until brown; remove from skillet and drain.
- ☐ Heat Potatoes, Sauce
- ☐ Mix and hot water to boiling in same skillet over high heat, stirring occasionally. Reduce heat; cover and simmer about 25 minutes, stirring occasionally, until potatoes are tender.
- ☐ Stir in vinegar.
- ☐ Place bratwurst on potatoes. Cover and simmer about 3 minutes longer or until hot.
- ☐ Sprinkle with paprika.

## Nutrition Facts



## Properties

Glycemic Index:29.46, Glycemic Load:3.45, Inflammation Score:-2, Nutrition Score:9.8256521950597%

## Flavonoids

Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

## Nutrients (% of daily need)

Calories: 290.78kcal (14.54%), Fat: 24.4g (37.55%), Saturated Fat: 7.92g (49.49%), Carbohydrates: 6.22g (2.07%), Net Carbohydrates: 5.61g (2.04%), Sugar: 0.21g (0.23%), Cholesterol: 55.94mg (18.65%), Sodium: 646.65mg (28.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.85g (21.71%), Selenium: 30.13µg (43.04%), Vitamin B1: 0.37mg (24.39%), Vitamin B3: 3.9mg (19.48%), Phosphorus: 171.16mg (17.12%), Zinc: 2.55mg (16.98%), Vitamin B6: 0.32mg (15.99%), Vitamin B2: 0.24mg (14.31%), Potassium: 364.28mg (10.41%), Vitamin B12: 0.55µg (9.2%), Vitamin K: 7.43µg (7.07%), Copper: 0.12mg (6.13%), Vitamin B5: 0.58mg (5.78%), Magnesium: 22.71mg (5.68%), Vitamin D: 0.83µg (5.54%), Vitamin C: 4.38mg (5.31%), Iron: 0.65mg (3.59%), Vitamin A: 169.16IU (3.38%), Vitamin E: 0.48mg (3.21%), Calcium: 28.17mg (2.82%), Manganese: 0.05mg (2.64%), Fiber: 0.6g (2.42%), Folate: 5.98µg (1.5%)