



## German Potato Salad with Bratwurst

 Gluten Free  Dairy Free

READY IN



13 min.

SERVINGS



4

CALORIES



1005 kcal

SIDE DISH

### Ingredients

- 0.5 cup bell pepper green red chopped
- 15.5 ounces german chocolate canned
- 1 pound bratwurst fully cooked
- 2 tablespoons parsley fresh chopped

### Equipment

- frying pan

## Directions

- Spray 12-inch nonstick skillet with cooking spray; heat over medium heat. Cook bell pepper in skillet 2 to 3 minutes, stirring occasionally, until crisp-tender.
- Stir in potato salad; add bratwurst. Cover and cook about 5 minutes, stirring occasionally, until hot.
- Sprinkle with parsley.

## Nutrition Facts

**PROTEIN 6.47%** **FAT 63.01%** **CARBS 30.52%**

## Properties

Glycemic Index:17.5, Glycemic Load:0.98, Inflammation Score:-3, Nutrition Score:17.389130457588%

## Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

## Nutrients (% of daily need)

Calories: 1004.94kcal (50.25%), Fat: 68.23g (104.96%), Saturated Fat: 30.83g (192.69%), Carbohydrates: 74.34g (24.78%), Net Carbohydrates: 73.96g (26.89%), Sugar: 55.01g (61.12%), Cholesterol: 83.91mg (27.97%), Sodium: 961.03mg (41.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.76g (31.51%), Selenium: 45.02µg (64.32%), Iron: 9.29mg (51.62%), Vitamin K: 38.03µg (36.22%), Vitamin B1: 0.53mg (35.52%), Vitamin B3: 5.56mg (27.79%), Zinc: 3.73mg (24.87%), Phosphorus: 240.75mg (24.08%), Vitamin C: 17.63mg (21.38%), Vitamin B2: 0.36mg (20.9%), Vitamin B6: 0.41mg (20.72%), Vitamin B12: 0.83µg (13.8%), Potassium: 438.3mg (12.52%), Vitamin D: 1.25µg (8.32%), Vitamin B5: 0.78mg (7.82%), Magnesium: 26.68mg (6.67%), Copper: 0.13mg (6.66%), Vitamin A: 244.2IU (4.88%), Calcium: 36.37mg (3.64%), Vitamin E: 0.38mg (2.52%), Manganese: 0.04mg (2.09%), Folate: 8.3µg (2.08%), Fiber: 0.38g (1.53%)