



 9%  
HEALTH SCORE

## German-Style Beer Brat Sandwich

 Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



365 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 teaspoon pepper black
- 2 bratwurst
- 3 tablespoons dijon mustard
- 2 servings kosher salt
- 1 tablespoon olive oil
- 2 pretzel rolls split
- 0.5 tablespoon coarse mustard whole
- 2 cups onion yellow thinly sliced

# Equipment

## Nutrition Facts

■ PROTEIN 13.01% ■ FAT 66.58% ■ CARBS 20.41%

### Properties

Glycemic Index:75.5, Glycemic Load:3.94, Inflammation Score:-7, Nutrition Score:13.642173913043%

### Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 8.02mg, Isorhamnetin: 8.02mg, Isorhamnetin: 8.02mg, Isorhamnetin: 8.02mg Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 32.48mg, Quercetin: 32.48mg, Quercetin: 32.48mg, Quercetin: 32.48mg

### Nutrients (% of daily need)

Calories: 364.84kcal (18.24%), Fat: 27.36g (42.1%), Saturated Fat: 7.72g (48.23%), Carbohydrates: 18.87g (6.29%), Net Carbohydrates: 14.96g (5.44%), Sugar: 7.17g (7.97%), Cholesterol: 48.84mg (16.28%), Sodium: 1066.79mg (46.38%), Protein: 12.03g (24.06%), Selenium: 35.94µg (51.34%), Vitamin B1: 0.43mg (28.43%), Vitamin B6: 0.43mg (21.33%), Phosphorus: 212.43mg (21.24%), Manganese: 0.36mg (17.87%), Vitamin B3: 3.5mg (17.52%), Zinc: 2.59mg (17.26%), Fiber: 3.91g (15.65%), Vitamin B2: 0.26mg (15.51%), Vitamin C: 12.01mg (14.56%), Potassium: 506.09mg (14.46%), Magnesium: 42.89mg (10.72%), Vitamin E: 1.31mg (8.71%), Folate: 34.26µg (8.56%), Vitamin B12: 0.48µg (8.03%), Copper: 0.15mg (7.7%), Vitamin K: 7.9µg (7.52%), Iron: 1.35mg (7.48%), Calcium: 73.11mg (7.31%), Vitamin B5: 0.72mg (7.19%), Vitamin D: 0.73µg (4.84%)