



Grilled Beer-cooked Sausages

 Dairy Free

READY IN



40 min.

SERVINGS



12

CALORIES



298 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 72 oz medium- to heavy-bodied ale (9 cups)
- ☐ 12 bratwurst
- ☐ 1 large onion halved lengthwise sliced

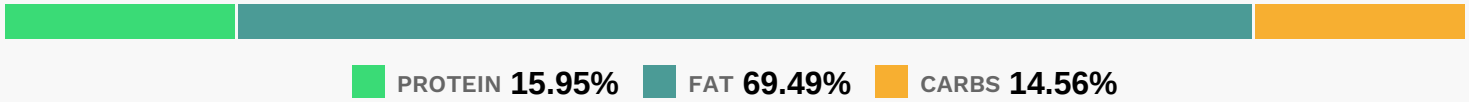
Equipment

- ☐ pot
- ☐ grill
- ☐ slotted spoon
- ☐ tongs

Directions

- ☐ Bring beer to a boil in a large, wide pot.
- ☐ Add sausages and onions and simmer 15 minutes. Cover, remove from heat, and let sit until ready to grill.
- ☐ Heat a gas or charcoal grill to medium (you can hold your hand 1 to 2 in. above the cooking grate only 4 to 5 seconds). Using tongs or a slotted spoon, transfer sausages to the grill. Cook sausages, turning once, until browned on both sides, about 8 minutes. Meanwhile, drain onions and set aside.
- ☐ Serve sausages hot or warm, with onions if you like.

Nutrition Facts



Properties

Glycemic Index:7.96, Glycemic Load:3.23, Inflammation Score:-5, Nutrition Score:8.4830434510241%

Flavonoids

Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 1.46mg, Kaempferol: 1.46mg, Kaempferol: 1.46mg, Kaempferol: 1.46mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.57mg, Quercetin: 2.57mg, Quercetin: 2.57mg, Quercetin: 2.57mg Gallocatechin: 0.14mg, Gallocatechin: 0.14mg, Gallocatechin: 0.14mg, Gallocatechin: 0.14mg

Nutrients (% of daily need)

Calories: 297.92kcal (14.9%), Fat: 19.28g (29.67%), Saturated Fat: 6.61g (41.28%), Carbohydrates: 9.09g (3.03%), Net Carbohydrates: 8.87g (3.23%), Sugar: 0.53g (0.59%), Cholesterol: 48.84mg (16.28%), Sodium: 565.66mg (24.59%), Alcohol: 6.63g (100%), Alcohol %: 3.38% (100%), Protein: 9.96g (19.92%), Selenium: 27.29µg (38.98%), Vitamin B1: 0.32mg (21.15%), Vitamin B3: 4.06mg (20.28%), Phosphorus: 164.72mg (16.47%), Vitamin B6: 0.31mg (15.45%), Vitamin B2: 0.25mg (14.62%), Zinc: 2.18mg (14.56%), Vitamin B12: 0.52µg (8.6%), Potassium: 293.86mg (8.4%), Magnesium: 25.32mg (6.33%), Vitamin B5: 0.52mg (5.25%), Vitamin D: 0.73µg (4.84%), Copper: 0.08mg (4.1%), Folate: 14.56µg (3.64%), Calcium: 28.16mg (2.82%), Iron: 0.41mg (2.28%), Vitamin K: 2.29µg (2.18%), Manganese: 0.04mg (1.95%), Vitamin E: 0.17mg (1.16%), Vitamin C: 0.93mg (1.12%)