



Grilled Bratwurst

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



670 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 pounds bratwurst links
- ☐ 2 tablespoons butter
- ☐ 24 ounce beer dark (do not use)
- ☐ 1 medium size bell pepper green cut into thin strips
- ☐ 6 servings special mustard sauce
- ☐ 2 large onions thinly sliced
- ☐ 1 medium size bell pepper red cut into thin strips
- ☐ 2 teaspoons seasoning blend salt-free

☐ 6 hoagie rolls split

Equipment

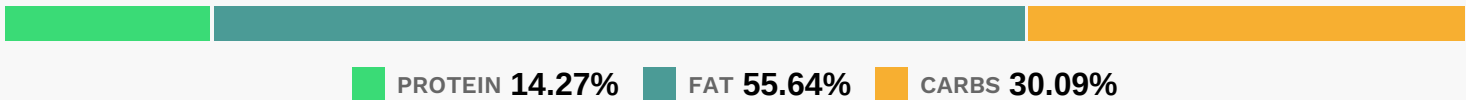
☐ frying pan

☐ grill

Directions

- ☐ Grill bratwurst, covered with grill lid, over medium-high heat (350 to 400 degrees F) for 10 to 15 minutes or until thoroughly cooked, turning once.
- ☐ Melt butter in a large skillet over medium heat; add onion and bell pepper strips, and saut until tender.
- ☐ Stir in beer and seasoning blend; add sausage, and simmer mixture for 20 minutes.
- ☐ Place 1 bratwurst link in each roll, and top evenly with vegetable mixture.
- ☐ Serve with Special Mustard Sauce.
- ☐ Note: For testing purposes only, we used Mrs. Dash original blend.

Nutrition Facts



Properties

Glycemic Index:41.25, Glycemic Load:26.87, Inflammation Score:-8, Nutrition Score:22.943478024524%

Flavonoids

Catechin: 0.43mg, Catechin: 0.43mg, Catechin: 0.43mg, Catechin: 0.43mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Luteolin: 1.07mg, Luteolin: 1.07mg, Luteolin: 1.07mg, Luteolin: 1.07mg Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg Kaempferol: 1.26mg, Kaempferol: 1.26mg, Kaempferol: 1.26mg, Kaempferol: 1.26mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 10.66mg, Quercetin: 10.66mg, Quercetin: 10.66mg, Quercetin: 10.66mg Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg

Nutrients (% of daily need)

Calories: 669.7kcal (33.48%), Fat: 39.45g (60.7%), Saturated Fat: 12.2g (76.26%), Carbohydrates: 48g (16%), Net Carbohydrates: 44.42g (16.15%), Sugar: 7.9g (8.78%), Cholesterol: 83.91mg (27.97%), Sodium: 1359.21mg (59.1%), Alcohol: 4.42g (100%), Alcohol %: 1.41% (100%), Protein: 22.77g (45.54%), Selenium: 47.74µg (68.2%), Iron: 12.22mg

(67.86%), Vitamin C: 45.1mg (54.67%), Vitamin B1: 0.58mg (38.93%), Vitamin B3: 6.48mg (32.39%), Vitamin B6: 0.61mg (30.31%), Phosphorus: 284.27mg (28.43%), Zinc: 3.93mg (26.22%), Vitamin B2: 0.43mg (25.06%), Vitamin A: 900.59IU (18.01%), Potassium: 604.96mg (17.28%), Vitamin K: 16.78µg (15.99%), Fiber: 3.58g (14.33%), Vitamin B12: 0.86µg (14.25%), Manganese: 0.24mg (11.93%), Magnesium: 46.96mg (11.74%), Vitamin B5: 0.98mg (9.8%), Calcium: 88.34mg (8.83%), Folate: 35.1µg (8.78%), Copper: 0.17mg (8.68%), Vitamin D: 1.25µg (8.32%), Vitamin E: 1.15mg (7.69%)