



Grilled Bratwurst with Braised Cabbage

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



1214 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup apple cider
- 3 tablespoons butter
- 4 servings canola oil for frying
- 1 teaspoon cayenne pepper
- 0.3 cup chicken stock see
- 2 tablespoons chives chopped
- 1 lemon zest juiced
- 1 small onion minced

- 4 peels from potatoes
- 0.5 head cabbage red thinly sliced
- 1 pinch pepper flakes red crushed
- 4 servings salt and freshly cracked pepper black
- 4 servings salt and pepper black freshly ground
- 4 bratwurst sausages
- 1 shallots minced
- 1 cup cup heavy whipping cream sour
- 4 steak rolls split
- 0.3 cup sugar

Equipment

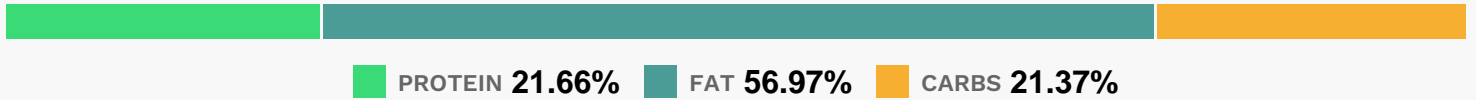
- bowl
- frying pan
- paper towels
- pot
- grill

Directions

- In a deep-fryer or heavy-bottomed pot, heat enough canola oil to come halfway up the sides of the pot, to 375 degrees F.
- Preheat a grill on medium-high.
- In a large skillet over medium-high heat, add the butter. Stir in the onions and cook until translucent, about 1 minute.
- Add the cabbage and cook until softened, about 3 to 4 minutes. Season the cabbage with salt, pepper, and crushed red pepper, to taste.
- Add the sugar, cider and stock. Cook until the cabbage is al dente, about 6 to 8 minutes
- In a small bowl, mix together the sour cream, shallot, lemon zest, lemon juice, cayenne and chives. Season the cremolata with salt and pepper, to taste.
- Add potato peels to the fryer and fry until crisp, about 3 minutes

- Remove to a paper towel lined platter and season with salt and pepper, to taste.
- Grill the bratwurst, turning frequently until cooked through, about 8 to 10 minutes
- Open the rolls and spread with some of the sour cream cremolata.
- Add the sausage and some warm braised cabbage. Top each with some crispy potatoes and finish with a little more cremolata before serving.

Nutrition Facts



Properties

Glycemic Index:117.65, Glycemic Load:39.09, Inflammation Score:-9, Nutrition Score:48.298260564389%

Flavonoids

Cyanidin: 220.06mg, Cyanidin: 220.06mg, Cyanidin: 220.06mg, Cyanidin: 220.06mg Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epicatechin: 0.69mg, Epicatechin: 0.69mg, Epicatechin: 0.69mg, Epicatechin: 0.69mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.98mg, Isorhamnetin: 0.98mg, Isorhamnetin: 0.98mg, Isorhamnetin: 0.98mg Kaempferol: 1.97mg, Kaempferol: 1.97mg, Kaempferol: 1.97mg, Kaempferol: 1.97mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

Nutrients (% of daily need)

Calories: 1213.76kcal (60.69%), Fat: 77.71g (119.55%), Saturated Fat: 33.26g (207.88%), Carbohydrates: 65.6g (21.87%), Net Carbohydrates: 57.82g (21.03%), Sugar: 23.15g (25.73%), Cholesterol: 256.01mg (85.34%), Sodium: 1002.68mg (43.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 66.48g (132.96%), Vitamin C: 108mg (130.91%), Vitamin B6: 2.11mg (105.27%), Zinc: 14.59mg (97.29%), Vitamin B3: 18.15mg (90.74%), Selenium: 59.31µg (84.72%), Vitamin B12: 4.61µg (76.88%), Phosphorus: 655.94mg (65.59%), Potassium: 2138.54mg (61.1%), Vitamin B2: 0.92mg (53.89%), Vitamin K: 55.37µg (52.73%), Vitamin B1: 0.71mg (47.08%), Vitamin A: 2176.19IU (43.52%), Iron: 7.63mg (42.4%), Magnesium: 137.32mg (34.33%), Manganese: 0.67mg (33.64%), Fiber: 7.78g (31.13%), Copper: 0.52mg (26.05%), Folate: 72.88µg (18.22%), Calcium: 169.69mg (16.97%), Vitamin B5: 1.62mg (16.18%), Vitamin E: 1.43mg (9.53%), Vitamin D: 1.33µg (8.87%)