



Grilled Reuben Brats

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



727 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 12 oz beer canned
- 1 lb bratwurst fresh uncooked
- 2 tablespoons thousand island dressing
- 4 bratwurst whole wheat split
- 2 oz swiss cheese shredded
- 1 cup sauerkraut drained

Equipment

- sauce pan

grill

Directions

- Heat gas or charcoal grill. In 2-quart saucepan, heat beer to boiling.
- Add bratwurst; reduce heat to low. Cover; simmer 15 minutes.
- Drain bratwurst.
- Place on grill over medium heat. Cover grill; cook 5 to 10 minutes, turning once, until brown.
- Spread dressing on cut sides of buns.
- Place bratwurst in buns; top with cheese, bratwurst and sauerkraut.

Nutrition Facts

 **PROTEIN 16.75%**  **FAT 76.93%**  **CARBS 6.32%**

Properties

Glycemic Index:38.88, Glycemic Load:2.87, Inflammation Score:-5, Nutrition Score:23.724347726158%

Flavonoids

Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg Galliccatechin: 0.07mg, Galliccatechin: 0.07mg, Galliccatechin: 0.07mg, Galliccatechin: 0.07mg

Nutrients (% of daily need)

Calories: 726.74kcal (36.34%), Fat: 59.64g (91.75%), Saturated Fat: 20.94g (130.87%), Carbohydrates: 11.02g (3.67%), Net Carbohydrates: 9.93g (3.61%), Sugar: 1.85g (2.05%), Cholesterol: 148.02mg (49.34%), Sodium: 1858.95mg (80.82%), Alcohol: 3.32g (100%), Alcohol %: 1.31% (100%), Protein: 29.21g (58.41%), Selenium: 76.33µg (109.04%), Vitamin B1: 0.95mg (63.46%), Phosphorus: 475.68mg (47.57%), Vitamin B3: 9.14mg (45.7%), Zinc: 6.55mg (43.64%), Vitamin B2: 0.63mg (36.91%), Vitamin B6: 0.68mg (34.09%), Vitamin B12: 1.75µg (29.24%), Potassium: 726.24mg (20.75%), Calcium: 191.8mg (19.18%), Vitamin K: 16.44µg (15.66%), Vitamin B5: 1.32mg (13.23%), Magnesium: 52.71mg (13.18%), Vitamin D: 1.97µg (13.16%), Copper: 0.23mg (11.58%), Iron: 1.6mg (8.9%), Vitamin C: 5.22mg (6.33%), Vitamin E: 0.92mg (6.14%), Folate: 20.28µg (5.07%), Manganese: 0.09mg (4.47%), Fiber: 1.09g (4.37%), Vitamin A: 151.68IU (3.03%)