



Grilled Reuben Brats

READY IN



30 min.

SERVINGS



4

CALORIES



680 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

Equipment

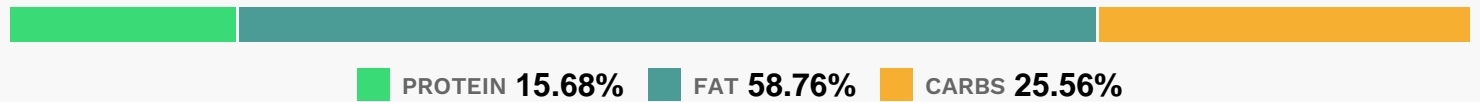
- sauce pan

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



Properties

Glycemic Index:50.13, Glycemic Load:25.3, Inflammation Score:-4, Nutrition Score:19.814782360326%

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 Gallicocatechin: 0.07mg, Gallicocatechin: 0.07mg, Gallicocatechin: 0.07mg, Gallicocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 680.2kcal (34.01%), Fat: 42.57g (65.48%), Saturated Fat: 14.34g (89.62%), Carbohydrates: 41.66g (13.89%), Net Carbohydrates: 39.5g (14.36%), Sugar: 6.18g (6.87%), Cholesterol: 99.18mg (33.06%), Sodium: 1593.11mg (69.27%), Alcohol: 3.32g (100%), Alcohol %: 1.29% (100%), Protein: 25.56g (51.12%), Selenium: 50.13µg (71.61%), Iron: 11.9mg (66.13%), Vitamin B1: 0.65mg (43.26%), Phosphorus: 338.4mg (33.84%), Vitamin B3: 5.97mg (29.86%), Zinc: 4.4mg (29.34%), Vitamin B2: 0.42mg (24.99%), Vitamin B6: 0.47mg (23.3%), Vitamin B12: 1.27µg (21.21%), Calcium: 179.71mg (17.97%), Potassium: 496.56mg (14.19%), Vitamin K: 14.2µg (13.52%), Magnesium: 38.85mg (9.71%), Vitamin B5: 0.88mg (8.84%), Fiber: 2.16g (8.63%), Vitamin D: 1.25µg (8.32%), Copper: 0.16mg (8.15%), Vitamin C: 5.22mg (6.33%), Vitamin E: 0.75mg (5%), Folate: 18.3µg (4.58%), Manganese: 0.08mg (4.01%), Vitamin A: 147.72IU (2.95%)