



 **12%**
HEALTH SCORE

Guinness and Brats

 Dairy Free

READY IN



55 min.

SERVINGS



4

CALORIES



480 kcal

SIDE DISH

Ingredients

- 4 servings bratwurst (with this recipe)
- 4 servings hotdog buns
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- 2 onion quartered ()
- 1 T porter

Equipment

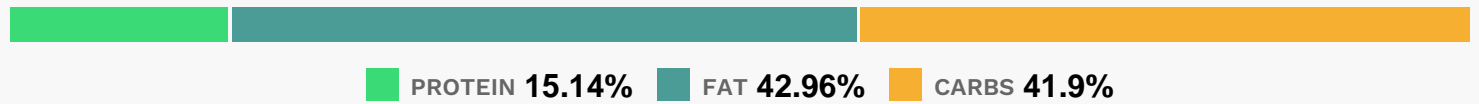
- frying pan
- oven

- grill
- stove

Directions

- We like to make this on the grill. While you can make these in the oven or on the stove, making them on the grill has always been the best option and the one we like the best. Take a large cast iron skillet and add the bratwurst links, quartered onions, and then pour a bottle of Guinness Stout over the ingredients.
- Place on the grill with a temperature of about 400 and then close the lid. About every 5–10 minutes lift the lid and toss the onions and brats in the Guinness. After about 45 minutes to an hour, you are done. Take a grilled brat and some caramelized onions onto a hotdog bun.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index: 44.75, Glycemic Load: 27.12, Inflammation Score: -4, Nutrition Score: 17.661304347826%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.17mg, Quercetin: 11.17mg, Quercetin: 11.17mg, Quercetin: 11.17mg

Taste

Sweetness: 25.7%, Saltiness: 100%, Sourness: 12.13%, Bitterness: 16.31%, Savoriness: 48.79%, Fattiness: 65%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 480.25kcal (24.01%), Fat: 22.65g (34.85%), Saturated Fat: 7.34g (45.87%), Carbohydrates: 49.71g (16.57%), Net Carbohydrates: 47.24g (17.18%), Sugar: 8.52g (9.47%), Cholesterol: 48.84mg (16.28%), Sodium: 980.46mg (42.63%), Protein: 17.96g (35.93%), Selenium: 49.6µg (70.85%), Vitamin B1: 0.79mg (52.65%), Vitamin B3: 6.78mg (33.92%), Vitamin B2: 0.47mg (27.64%), Manganese: 0.55mg (27.51%), Phosphorus: 239.08mg (23.91%), Folate: 92.33µg (23.08%), Zinc: 2.86mg (19.06%), Iron: 3.38mg (18.78%), Vitamin B6: 0.34mg (16.77%), Calcium:

153.53mg (15.35%), Potassium: 413.68mg (11.82%), Vitamin B12: 0.65µg (10.86%), Fiber: 2.47g (9.86%), Magnesium: 38.91mg (9.73%), Copper: 0.18mg (9.14%), Vitamin C: 5.18mg (6.27%), Vitamin K: 6.54µg (6.23%), Vitamin B5: 0.51mg (5.07%), Vitamin D: 0.73µg (4.84%), Vitamin E: 0.41mg (2.75%)