



Hofbrau Beer Brats and Bean Ragout

 Gluten Free  Dairy Free

READY IN



150 min.

SERVINGS



6

CALORIES



487 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 teaspoons pepper black
- 6 peppercorns black
- 6 bratwurst (Hofbrau Beer)
- 1 cup carrots diced (Medium)
- 3 tablespoons cilantro leaves chopped ()
- 4 tablespoons olive oil extra virgin split ()
- 2 bay leaf fresh
- 4 sage fresh chopped (Purple,)

- 3 garlic clove minced ()
- 6 juniper berries
- 1 lb navy beans (Soaked over night)
- 2 cups onion diced (Medium)
- 6 plum tomatoes chopped ()
- 4 rosemary chopped ()
- 1 tablespoon sea salt fine
- 1 teaspoon sea salt
- 2 thyme sprigs fresh chopped ()
- 2 tablespoons tomato paste
- 6 cups vegetable stock
- 0.5 cup cooking wine

Equipment

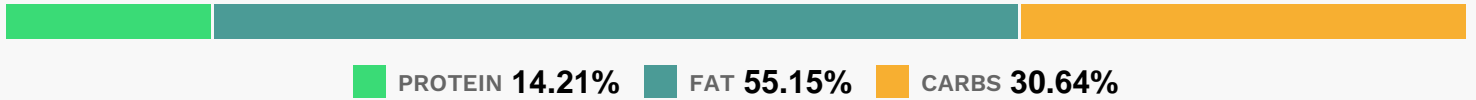
- frying pan
- pot
- cheesecloth

Directions

- Place beans, vegetable stock and salt in a pot. Cover with water, bring to a full boil and reduce to a simmer for 1 1/2 hours or until beans are done.
- Place herbs, bay leaves, juniper berries, peppercorns in cheese cloth to form a Sachet. Tie with string and place in bean pot. 10-minutes before your beans are done start cooking beer brats.
- Heat a large saute pan, add 2-tablespoons oil and brown brats.
- Add 1/4 cup red wine, cover pan and simmer 8-10 minutes.
- Remove beer brats and hold warm.
- Add oil, onions, carrots, garlic, tomatoes, salt, pepper and saut 3-4 minutes.
- Add wine, tomato paste and saute until reduced by half.

- Remove sachet from beans and drain.
- Combine vegetables, beans, brats and wine reduction together. Reseason with salt and pepper to taste.
- Serve beans and sausage on warm plates.
- Garnish with Fresh Chopped Cilantro.

Nutrition Facts



Properties

Glycemic Index:87.54, Glycemic Load:9.62, Inflammation Score:-10, Nutrition Score:24.880434865537%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 11.36mg, Quercetin: 11.36mg, Quercetin: 11.36mg, Quercetin: 11.36mg

Nutrients (% of daily need)

Calories: 487.29kcal (24.36%), Fat: 29.4g (45.23%), Saturated Fat: 8.03g (50.21%), Carbohydrates: 36.75g (12.25%), Net Carbohydrates: 26.03g (9.47%), Sugar: 8.01g (8.9%), Cholesterol: 48.84mg (16.28%), Sodium: 3112.53mg (135.33%), Alcohol: 2.08g (100%), Alcohol %: 0.47% (100%), Protein: 17.05g (34.1%), Vitamin A: 4705.13IU (94.1%), Fiber: 10.72g (42.89%), Selenium: 29.27µg (41.81%), Manganese: 0.76mg (37.93%), Vitamin B1: 0.55mg (36.83%), Folate: 132.86µg (33.21%), Phosphorus: 296.43mg (29.64%), Potassium: 911.33mg (26.04%), Vitamin B6: 0.51mg (25.48%), Vitamin B3: 4.52mg (22.62%), Zinc: 3.27mg (21.81%), Copper: 0.42mg (20.8%), Vitamin C: 16.66mg (20.19%), Magnesium: 75.62mg (18.91%), Vitamin B2: 0.31mg (18.19%), Vitamin K: 18.75µg (17.86%), Iron: 2.97mg (16.52%), Vitamin E: 2.25mg (15.02%), Calcium: 109.63mg (10.96%), Vitamin B5: 0.86mg (8.57%), Vitamin B12: 0.48µg (8.03%), Vitamin D: 0.73µg (4.84%)