



Homemade Bratwurst Bites with Beer and Horseradish Mustard

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



255 kcal

SIDE DISH

Ingredients

- ☐ 0.8 cup beer divided
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1.3 teaspoons kosher salt
- ☐ 1.5 teaspoons sage fresh finely chopped
- ☐ 0.5 teaspoon ground coriander
- ☐ 0.8 teaspoon mace
- ☐ 0.3 pound fat cut into 3/4-inch cubes

- ☐ 1.3 pounds pork spareribs boneless country-style cut into 3/4-inch cubes
- ☐ 12 servings pretzel rolls soft
- ☐ 0.5 teaspoon sugar

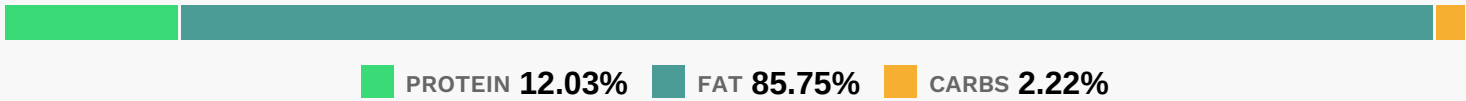
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet

Directions

- ☐ Place pork sparerib cubes and pork fat in freezer until partially frozen, about 30 minutes.
- ☐ Place half of pork and half of pork fat in processor. Using on/off turns, blend mixture until finely ground.
- ☐ Transfer mixture to bowl. Repeat with remaining pork and pork fat. Gently mix sage and next 5 ingredients into ground pork mixture. Stir in 1/4 cup beer. Cover and chill overnight.
- ☐ Form pork mixture by tablespoonfuls into 1 1/4- to 1 1/2-inch-diameter patties; place on baking sheet. DO AHEAD: Can be made 6 hours ahead. Cover and chill.
- ☐ Heat large nonstick skillet over medium heat. Working in batches if necessary, add sausage patties to skillet and cook until browned on bottom, about 5 minutes.
- ☐ Add remaining 1/2 cup beer to skillet; cover with lid slightly ajar and cook until beer evaporates, 6 to 7 minutes. Turn patties over and cook until brown on bottom and cooked through, about 5 minutes longer.
- ☐ Transfer sausage patties to platter.
- ☐ Serve with Beer and Horseradish Mustard and soft pretzels.
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:11.88, Glycemic Load:0.34, Inflammation Score:-1, Nutrition Score:6.2586957448689%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 255.46kcal (12.77%), Fat: 23.76g (36.56%), Saturated Fat: 8.53g (53.32%), Carbohydrates: 1.39g (0.46%), Net Carbohydrates: 1.29g (0.47%), Sugar: 0.18g (0.2%), Cholesterol: 49.77mg (16.59%), Sodium: 300.55mg (13.07%), Alcohol: 0.58g (100%), Alcohol %: 0.94% (100%), Protein: 7.5g (15%), Copper: 0.8mg (40.08%), Selenium: 10.54µg (15.06%), Vitamin B6: 0.28mg (13.92%), Vitamin B3: 2.28mg (11.41%), Vitamin B1: 0.15mg (10.19%), Vitamin D: 1.4µg (9.34%), Zinc: 1.21mg (8.06%), Vitamin B2: 0.12mg (7.27%), Phosphorus: 69.39mg (6.94%), Iron: 0.68mg (3.78%), Potassium: 122.19mg (3.49%), Vitamin B12: 0.18µg (3.04%), Vitamin B5: 0.3mg (3.03%), Magnesium: 9.5mg (2.37%), Manganese: 0.05mg (2.28%), Vitamin E: 0.25mg (1.68%), Calcium: 10.74mg (1.07%)