



Honey Mustard Beer Brats

 Dairy Free

READY IN



315 min.

SERVINGS



10

CALORIES



548 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 bay leaves
- 2 cloves garlic sliced
- 1 bell pepper green sliced into long strips
- 2 cups honey mustard barbecue sauce
- 1 teaspoon liquid smoke flavoring
- 1 bell pepper red sliced into long strips
- 10 bratwurst sausages fresh
- 10 hoagie rolls split

- 1 large onion sweet separated sliced into rings and

Equipment

- bowl
- pot
- grill
- slow cooker
- tongs

Directions

- Place half of the bratwurst in the bottom of a 5 quart slow cooker. Arrange half of the green pepper, red pepper, and onion over them.
- Layer the remaining bratwurst over the top, and top with the remaining red and green bell peppers and onion. Throw in the garlic and bay leaves. In a separate bowl, mix together HALF of the honey mustard sauce, liquid smoke and beer.
- Pour into the slow cooker.
- Add more beer if necessary to cover everything in the pot. Cover, and cook on Low for 4 to 5 hours.
- Preheat an outdoor grill for high heat, and lightly oil grate.
- Remove bratwurst from the slow cooker, but leave onions and peppers inside.
- Place bratwurst on the grill and baste with some of the remaining honey mustard sauce. Turn occasionally until slightly charred.
- Place bratwurst on rolls, and use tongs to pull out a few of the onions and peppers from the slow cooker and drape them over the sausage. The onions and peppers are very tasty so don't forget this part!

Nutrition Facts



PROTEIN 14.3% FAT 42.64% CARBS 43.06%

Properties

Glycemic Index:17.3, Glycemic Load:23.2, Inflammation Score:-5, Nutrition Score:11.460869685463%

Flavonoids

Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 5.11mg, Quercetin: 5.11mg, Quercetin: 5.11mg, Quercetin: 5.11mg

Nutrients (% of daily need)

Calories: 548.26kcal (27.41%), Fat: 24.84g (38.21%), Saturated Fat: 7.49g (46.82%), Carbohydrates: 56.42g (18.81%), Net Carbohydrates: 54.59g (19.85%), Sugar: 16.74g (18.6%), Cholesterol: 61.2mg (20.4%), Sodium: 1086.82mg (47.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.75g (37.49%), Iron: 11.79mg (65.5%), Vitamin C: 27.18mg (32.95%), Vitamin B3: 4.22mg (21.1%), Vitamin B6: 0.37mg (18.61%), Vitamin B1: 0.26mg (17.45%), Phosphorus: 130.1mg (13.01%), Zinc: 1.94mg (12.94%), Vitamin B12: 0.72µg (12.04%), Vitamin A: 481.99IU (9.64%), Potassium: 298.63mg (8.53%), Vitamin D: 1.11µg (7.37%), Fiber: 1.83g (7.33%), Vitamin B2: 0.12mg (7.32%), Vitamin B5: 0.66mg (6.56%), Magnesium: 17.67mg (4.42%), Copper: 0.09mg (4.32%), Folate: 15.18µg (3.8%), Manganese: 0.07mg (3.45%), Vitamin E: 0.4mg (2.67%), Calcium: 23.94mg (2.39%), Vitamin K: 1.91µg (1.82%)