

Oklahoma Comfort Food: Brats, Cabbage and Green Bean Casserole

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



531 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 pound bratwurst sausage cut into chunks
- ☐ 2 tablespoons butter divided
- ☐ 1 head cabbage cored quartered
- ☐ 1 pound green beans trimmed cut into 2 inch pieces
- ☐ 4 servings ground pepper black to taste
- ☐ 0.5 teaspoon granular no-calorie sucralose sweetener
- ☐ 1 onion chopped

☐ 0.5 teaspoon salt

Equipment

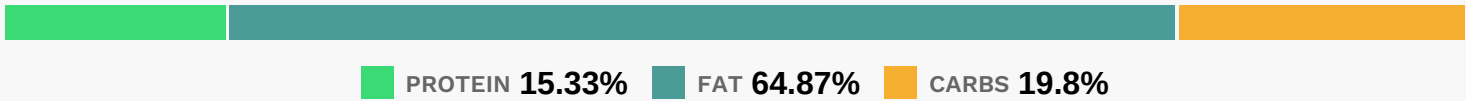
☐ frying pan

☐ pot

Directions

- ☐ Melt 1 tablespoon of butter in a skillet over medium heat.
- ☐ Add onions; cook and stir until tender.
- ☐ Place the green beans into a large pot with about 1 inch of water. Bring to a boil, and cook for 5 minutes.
- ☐ Add the cabbage to the pot, and top with the cooked onion. Season with sweetener and salt, then top with bratwurst. Dot with remaining butter. Cook uncovered over low heat for 30 minutes. Stir, and serve.

Nutrition Facts



Properties

Glycemic Index:69.25, Glycemic Load:7.04, Inflammation Score:-9, Nutrition Score:33.264782408009%

Flavonoids

Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 1.1mg, Kaempferol: 1.1mg, Kaempferol: 1.1mg, Kaempferol: 1.1mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 9.31mg, Quercetin: 9.31mg, Quercetin: 9.31mg, Quercetin: 9.31mg

Nutrients (% of daily need)

Calories: 531.17kcal (26.56%), Fat: 39.3g (60.46%), Saturated Fat: 15.08g (94.28%), Carbohydrates: 27g (9%), Net Carbohydrates: 17.77g (6.46%), Sugar: 12.18g (13.54%), Cholesterol: 98.96mg (32.99%), Sodium: 1343.83mg (58.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.89g (41.78%), Vitamin K: 225.9µg (215.14%), Vitamin C: 98.95mg (119.94%), Selenium: 46.59µg (66.56%), Vitamin B1: 0.77mg (51%), Vitamin B6: 0.85mg (42.28%), Fiber: 9.23g (36.92%), Folate: 143.89µg (35.97%), Phosphorus: 347.79mg (34.78%), Vitamin B3: 6.84mg (34.21%), Manganese: 0.67mg (33.65%), Vitamin B2: 0.57mg (33.34%), Potassium: 1063.02mg (30.37%), Zinc:

4.42mg (29.47%), Vitamin A: 1187.74IU (23.75%), Magnesium: 82.47mg (20.62%), Calcium: 173.14mg (17.31%), Iron: 2.91mg (16.15%), Vitamin B5: 1.53mg (15.35%), Vitamin B12: 0.84µg (14%), Copper: 0.25mg (12.58%), Vitamin E: 1.27mg (8.46%), Vitamin D: 1.25µg (8.32%)