



On Wisconsin Beer Brats

READY IN



320 min.

SERVINGS



10

CALORIES



519 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 39.6 ounce bratwurst links fresh
- 2 tablespoons brown sugar
- 0.5 cup butter
- 0.5 teaspoon cayenne pepper
- 2 cloves garlic minced
- 1 tablespoon garlic powder
- 36 ounce beer light canned
- 4 onions chopped
- 6 inch bratwurst buns

Equipment

slow cooker

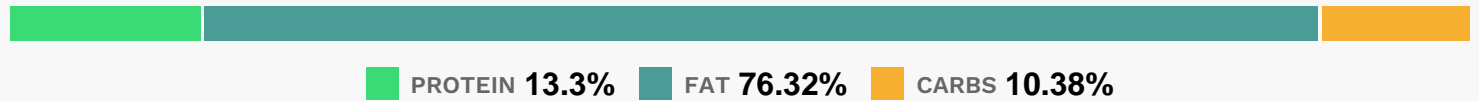
Directions

In a slow cooker, combine the bratwurst links, butter, beer, onions, cayenne pepper, garlic powder, garlic and brown sugar. Cover and set to High. Cook for 4 hours, stirring once per hour.

Add sauerkraut and continue cooking for another hour.

Serve bratwurst on buns with onions and top with your favorite condiments.

Nutrition Facts



Properties

Glycemic Index:24.5, Glycemic Load:2.39, Inflammation Score:-6, Nutrition Score:14.520434804585%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.2mg, Isorhamnetin: 2.2mg, Isorhamnetin: 2.2mg, Isorhamnetin: 2.2mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 8.94mg, Quercetin: 8.94mg, Quercetin: 8.94mg, Quercetin: 8.94mg

Nutrients (% of daily need)

Calories: 519.11kcal (25.96%), Fat: 42.1g (64.77%), Saturated Fat: 17.08g (106.78%), Carbohydrates: 12.88g (4.29%), Net Carbohydrates: 12g (4.36%), Sugar: 4.42g (4.91%), Cholesterol: 107.48mg (35.83%), Sodium: 1036.14mg (45.05%), Alcohol: 3.16g (100%), Alcohol %: 1.46% (100%), Protein: 16.51g (33.01%), Selenium: 45.62µg (65.18%), Vitamin B1: 0.55mg (36.41%), Vitamin B3: 5.87mg (29.33%), Phosphorus: 265.86mg (26.59%), Zinc: 3.78mg (25.19%), Vitamin B6: 0.48mg (23.95%), Vitamin B2: 0.38mg (22.26%), Vitamin B12: 0.86µg (14.32%), Potassium: 496.23mg (14.18%), Magnesium: 34.44mg (8.61%), Vitamin B5: 0.86mg (8.58%), Vitamin D: 1.23µg (8.23%), Copper: 0.15mg (7.38%), Vitamin A: 332.92IU (6.66%), Iron: 1.03mg (5.72%), Calcium: 52.36mg (5.24%), Manganese: 0.1mg (5%), Folate: 18.72µg (4.68%), Vitamin K: 4.88µg (4.65%), Vitamin C: 3.53mg (4.28%), Vitamin E: 0.6mg (4%), Fiber: 0.88g (3.53%)