



Sausage Schnitzel with Quick Sauerkraut

 Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



703 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup german beer
- ☐ 2 tablespoons german beer
- ☐ 1 pound links bratwurst smoked
- ☐ 1.5 cups bread crumbs plain
- ☐ 2 tablespoons brown sugar
- ☐ 2 cups canola oil
- ☐ 2 tablespoons canola oil
- ☐ 0.3 cup cider vinegar

- ☐ 2 eggs
- ☐ 0.3 cup flour all-purpose
- ☐ 1 teaspoon garlic powder
- ☐ 1 tablespoon honey
- ☐ 3 tablespoons mayonnaise
- ☐ 1 tablespoon mustard seeds
- ☐ 1 teaspoon onion powder
- ☐ 1 teaspoon paprika
- ☐ 1 pinch salt
- ☐ 6 servings salt and freshly cracked pepper black
- ☐ 1 small head savoy cabbage shredded
- ☐ 6 small grinder rolls
- ☐ 0.3 cup water
- ☐ 3 tablespoons whole-grain mustard

Equipment

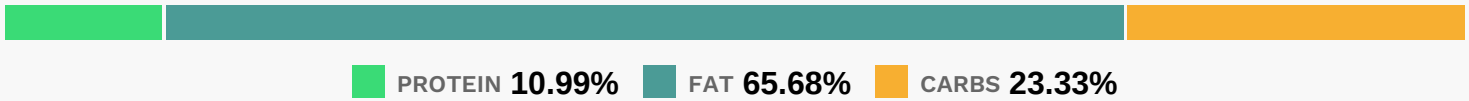
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk

Directions

- ☐ Watch how to make this recipe.
- ☐ Add the oil to a large skillet over medium heat. Drop in the cabbage and saute for a few minutes until the greens have slightly wilted.
- ☐ Add the remaining ingredients to the pan and cook until the liquid has reduced by half and cabbage is tender but still has a slight crunch. Set aside.
- ☐ Whisk together all of the ingredients in a small bowl and set the sauce aside.

- ☐ Set up a breeding station using 3plates or pie dishes. To the first dish, add the flour. In the second dish, combine the eggs with the water and whisk them together. In the third dish, toss the bread crumbs with the paprika, garlic powder, onion powder and healthy pinches of salt and pepper, to taste.
- ☐ Lightly dredged the sausages in the flour, then in the egg wash, and then coat them thoroughly in the bread crumb mixture. Set them aside on a sheet tray.
- ☐ Heat the canola oil in a large skillet over medium-high heat. Fry the sausages until brown and crispy, about 3 to 4 minutes per side.
- ☐ Transfer them to a paper towel-lined plate to drain.
- ☐ Slice open each roll lengthwise and stuff them with the fried sausages. Top the portions with some sauerkraut, drizzle with the mustard and serve.

Nutrition Facts



Properties

Glycemic Index:68.38, Glycemic Load:6.31, Inflammation Score:-8, Nutrition Score:26.078695504562%

Flavonoids

Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Apigenin: 0.52mg, Apigenin: 0.52mg, Apigenin: 0.52mg, Apigenin: 0.52mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.88mg, Kaempferol: 0.88mg, Kaempferol: 0.88mg, Kaempferol: 0.88mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg Galliccatechin: 0.03mg, Galliccatechin: 0.03mg, Galliccatechin: 0.03mg, Galliccatechin: 0.03mg

Nutrients (% of daily need)

Calories: 702.54kcal (35.13%), Fat: 50.87g (78.26%), Saturated Fat: 10.7g (66.89%), Carbohydrates: 40.66g (13.55%), Net Carbohydrates: 36.2g (13.16%), Sugar: 10.61g (11.79%), Cholesterol: 113.44mg (37.81%), Sodium: 1230.46mg (53.5%), Alcohol: 1.35g (100%), Alcohol %: 0.48% (100%), Protein: 19.15g (38.3%), Vitamin K: 82.35µg (78.43%), Selenium: 50.77µg (72.53%), Vitamin B1: 0.74mg (49.6%), Vitamin B3: 6.32mg (31.59%), Phosphorus: 303.11mg (30.31%), Vitamin E: 4.38mg (29.23%), Vitamin C: 23.79mg (28.84%), Folate: 114.75µg (28.69%), Vitamin B2: 0.48mg (28.38%), Manganese: 0.56mg (27.96%), Vitamin B6: 0.5mg (25%), Zinc: 3.51mg (23.39%), Vitamin A: 1015.03IU (20.3%), Fiber: 4.47g (17.87%), Iron: 3.17mg (17.61%), Potassium: 582.64mg (16.65%), Magnesium: 66.49mg (16.62%), Vitamin B12: 0.79µg (13.2%), Calcium: 124.68mg (12.47%), Copper: 0.25mg (12.28%), Vitamin B5: 1.13mg (11.27%), Vitamin D: 1.14µg (7.59%)