



WHATSheATE



Slow-Cooker Bratwurst with Sauerkraut and Apples

 Dairy Free

READY IN



240 min.

SERVINGS



8

CALORIES



402 kcal

SIDE DISH

Ingredients

- ☐ 8 bratwurst links
- ☐ 1 tablespoon caraway seeds
- ☐ 2 medium granny smith apples cored peeled cut into 1/2-inch dice
- ☐ 8 hot dog buns
- ☐ 2 tablespoons brown sugar light packed
- ☐ 0.5 cup mustard
- ☐ 1 medium onion finely chopped

☐ 16 oz sauerkraut rinsed drained

Equipment

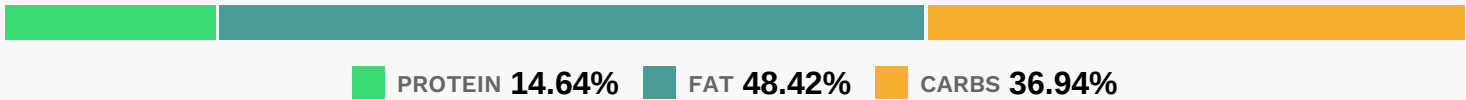
☐ kitchen thermometer

☐ slow cooker

Directions

- ☐ Place bratwurst links in slow cooker and top with sauerkraut, apples and onion.
- ☐ Sprinkle with brown sugar and caraway seeds. Cover and cook on low until bratwurst reaches 165F on an instant-read thermometer, 3 to 4 hours.
- ☐ Spread 1 Tbsp. mustard on each hot dog bun. Spoon some sauerkraut mixture on buns, top each with a sausage and serve.

Nutrition Facts



Properties

Glycemic Index:26.63, Glycemic Load:15.5, Inflammation Score:-5, Nutrition Score:16.549999973048%

Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.62mg, Quercetin: 4.62mg, Quercetin: 4.62mg, Quercetin: 4.62mg

Nutrients (% of daily need)

Calories: 401.68kcal (20.08%), Fat: 21.74g (33.45%), Saturated Fat: 7.04g (44%), Carbohydrates: 37.31g (12.44%), Net Carbohydrates: 32.62g (11.86%), Sugar: 12.55g (13.95%), Cholesterol: 48.84mg (16.28%), Sodium: 1316.25mg (57.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.79g (29.59%), Selenium: 43.59µg (62.27%), Vitamin

B1: 0.59mg (39.46%), Vitamin B3: 5.2mg (26%), Phosphorus: 221.72mg (22.17%), Manganese: 0.44mg (22.01%), Vitamin B2: 0.37mg (21.76%), Fiber: 4.69g (18.76%), Zinc: 2.75mg (18.31%), Vitamin B6: 0.37mg (18.31%), Iron: 3.12mg (17.31%), Folate: 60.71µg (15.18%), Vitamin C: 12.22mg (14.81%), Potassium: 484.14mg (13.83%), Vitamin K: 12.94µg (12.33%), Calcium: 120.04mg (12%), Magnesium: 44.33mg (11.08%), Copper: 0.21mg (10.34%), Vitamin B12: 0.57µg (9.45%), Vitamin B5: 0.59mg (5.88%), Vitamin D: 0.73µg (4.84%), Vitamin E: 0.52mg (3.49%), Vitamin A: 53.21IU (1.06%)