



Sweet and Sauerkraut Brats

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



932 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 pounds bratwurst cut into bite-sized pieces
- ☐ 0.3 cup brown sugar packed
- ☐ 1 teaspoon caraway seeds
- ☐ 0.3 cup onion chopped
- ☐ 27 oz sauerkraut canned
- ☐ 4 servings garnish: spicy mustard
- ☐ 4 to 6 rolls split hard
- ☐ 4 tart apples cored peeled chopped

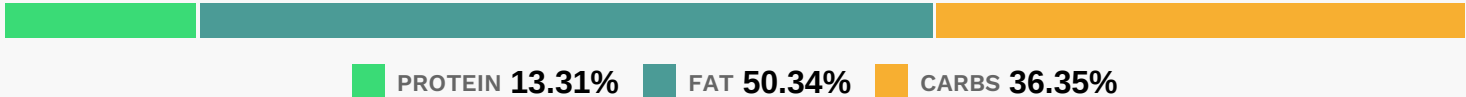
Equipment

- ☐ slotted spoon
- ☐ slow cooker

Directions

- ☐ Place brautwurst in a 5- to 6-quart slow cooker. Toss together saurkraut, apples, onion, brown sugar and caraway seed; spoon over brautwurst.
- ☐ Cover and cook on high setting 1 hour; reduce heat to low setting and cook 2 to 3 more hours, stirring occassionally. Fill rolls, using a slotted spoon.
- ☐ Serve with mustard on the side, if desired.

Nutrition Facts



Properties

Glycemic Index:56, Glycemic Load:32.02, Inflammation Score:-6, Nutrition Score:32.798260844272%

Flavonoids

Cyanidin: 2.86mg, Cyanidin: 2.86mg, Cyanidin: 2.86mg, Cyanidin: 2.86mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 13.7mg, Epicatechin: 13.7mg, Epicatechin: 13.7mg, Epicatechin: 13.7mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 9.35mg, Quercetin: 9.35mg, Quercetin: 9.35mg, Quercetin: 9.35mg

Nutrients (% of daily need)

Calories: 931.63kcal (46.58%), Fat: 52.7g (81.07%), Saturated Fat: 17.15g (107.16%), Carbohydrates: 85.61g (28.54%), Net Carbohydrates: 74.05g (26.93%), Sugar: 40.5g (45%), Cholesterol: 125.87mg (41.96%), Sodium: 3057.58mg (132.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.35g (62.7%), Selenium: 70.65µg (100.93%), Iron: 14.86mg (82.57%), Vitamin B1: 0.87mg (57.86%), Fiber: 11.56g (46.23%), Vitamin C: 37.37mg (45.29%), Vitamin B6:

0.9mg (45.12%), Vitamin B3: 8.68mg (43.38%), Phosphorus: 423.78mg (42.38%), Zinc: 6.05mg (40.3%), Vitamin B2: 0.62mg (36.44%), Vitamin K: 34.78µg (33.12%), Potassium: 1159.13mg (33.12%), Copper: 0.43mg (21.42%), Manganese: 0.43mg (21.28%), Vitamin B12: 1.24µg (20.7%), Magnesium: 75.62mg (18.91%), Folate: 58.93µg (14.73%), Vitamin B5: 1.47mg (14.67%), Calcium: 142.65mg (14.27%), Vitamin D: 1.87µg (12.47%), Vitamin E: 1.07mg (7.13%), Vitamin A: 148.5IU (2.97%)