



The Single Best Grilled Bratwurst

READY IN



25 min.

SERVINGS



4

CALORIES



309 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 12 oz beer
- 4 bratwurst
- 4 tsp grey poupon harvest coarse ground mustard
- 4 singles kraft
- 1 Tbsp olive oil
- 1 large onion thinly sliced
- 4 pretzel sandwich rolls split (6 inch)

Equipment

- frying pan
- sauce pan
- grill

Directions

- Heat grill to medium heat.
- Cook and stir onions in hot oil in large skillet on medium-high heat 5 min. or until onions are golden brown; cover. Simmer on low heat 10 min., stirring occasionally.
- Meanwhile, bring beer to boil in medium saucepan.
- Add bratwurst; cook 5 min.
- Drain. Grill 4 to 5 min. or until done (160F), turning occasionally.
- Spread cut sides of rolls with mustard; fill with bratwurst, Singles and onions.

Nutrition Facts

PROTEIN 14.51% **FAT 72.5%** **CARBS 12.99%**

Properties

Glycemic Index:31.88, Glycemic Load:2.54, Inflammation Score:-5, Nutrition Score:9.31956523916%

Flavonoids

Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.93mg, Kaempferol: 0.93mg, Kaempferol: 0.93mg, Kaempferol: 0.93mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 7.63mg, Quercetin: 7.63mg, Quercetin: 7.63mg, Quercetin: 7.63mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 309.36kcal (15.47%), Fat: 23.02g (35.42%), Saturated Fat: 7.13g (44.58%), Carbohydrates: 9.28g (3.09%), Net Carbohydrates: 8.42g (3.06%), Sugar: 1.74g (1.94%), Cholesterol: 49mg (16.33%), Sodium: 650.61mg (28.29%), Alcohol: 3.32g (100%), Alcohol %: 2.11% (100%), Protein: 10.37g (20.74%), Selenium: 28.6µg (40.86%), Vitamin B1: 0.33mg (22.26%), Vitamin B3: 3.68mg (18.38%), Phosphorus: 174.69mg (17.47%), Vitamin B6: 0.3mg (15.17%), Zinc: 2.27mg (15.16%), Vitamin B2: 0.24mg (14.12%), Potassium: 317.29mg (9.07%), Vitamin B12: 0.5µg (8.31%), Magnesium: 25.11mg (6.28%), Vitamin B5: 0.54mg (5.36%), Vitamin D: 0.73µg (4.84%), Vitamin E: 0.7mg (4.67%),

Copper: 0.09mg (4.56%), Vitamin K: 4.58µg (4.36%), Manganese: 0.09mg (4.26%), Calcium: 40.81mg (4.08%), Iron: 0.72mg (4.01%), Folate: 14.56µg (3.64%), Vitamin C: 2.86mg (3.47%), Fiber: 0.85g (3.42%)