



Wisconsin Beef-and-Cheddar Brats

READY IN



40 min.

SERVINGS



8

CALORIES



333 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 beef-and-cheddar brats
- ☐ 12 ounce beer
- ☐ 4 tablespoons butter
- ☐ 2 onions red thinly sliced
- ☐ 8 rye sesame rolls dark
- ☐ 8 servings mustard stone-ground
- ☐ 8 servings vegetable oil for the grill
- ☐ 1 onion yellow thinly sliced

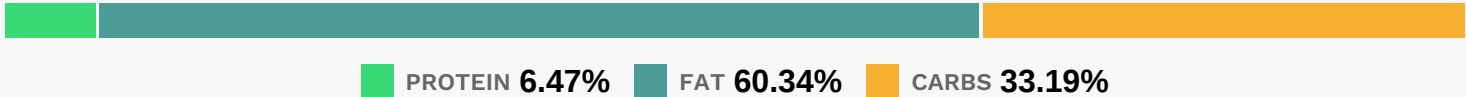
Equipment

- ☐ frying pan
- ☐ grill

Directions

- ☐ Set up a grill for direct cooking over high heat. Melt the butter in a large skillet on the grill or side burner.
- ☐ Add the onions and cook until soft, about 10 minutes, stirring occasionally.
- ☐ Add the beer and cover; cook about 10 more minutes. Uncover the skillet and simmer until most of the beer has evaporated, about 5 minutes.
- ☐ Reduce the heat to medium and oil the grates. Grill the brats on the grates 4 to 5 minutes per side. Lightly toast the rolls on the grill.
- ☐ Serve the hot brats on the rolls, smothered with the onions and topped with mustard.
- ☐ Photograph by Andrew McCaul

Nutrition Facts



Properties

Glycemic Index:29.81, Glycemic Load:14.21, Inflammation Score:-5, Nutrition Score:8.0147825405811%

Flavonoids

Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 8.38mg, Quercetin: 8.38mg, Quercetin: 8.38mg, Quercetin: 8.38mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 332.9kcal (16.65%), Fat: 21.75g (33.46%), Saturated Fat: 6.2g (38.74%), Carbohydrates: 26.92g (8.97%), Net Carbohydrates: 25.24g (9.18%), Sugar: 4.92g (5.46%), Cholesterol: 15.76mg (5.25%), Sodium: 313.98mg (13.65%), Alcohol: 1.66g (100%), Alcohol %: 1.37% (100%), Protein: 5.25g (10.49%), Vitamin K: 28.53µg (27.18%),

Selenium: 13.94µg (19.92%), Vitamin B1: 0.26mg (17.47%), Manganese: 0.31mg (15.63%), Folate: 50.97µg (12.74%), Vitamin B3: 2.12mg (10.58%), Vitamin E: 1.45mg (9.68%), Iron: 1.66mg (9.2%), Vitamin B2: 0.16mg (9.13%), Calcium: 77.4mg (7.74%), Phosphorus: 69.5mg (6.95%), Fiber: 1.68g (6.72%), Vitamin B6: 0.1mg (5.14%), Magnesium: 19.16mg (4.79%), Vitamin C: 3.63mg (4.39%), Potassium: 135.44mg (3.87%), Vitamin A: 179.73IU (3.59%), Copper: 0.07mg (3.44%), Zinc: 0.46mg (3.1%), Vitamin B12: 0.13µg (2.11%)