



Wisconsin Slow Cooker Brats

 Gluten Free  Dairy Free

READY IN



255 min.

SERVINGS



8

CALORIES



248 kcal

SIDE DISH

Ingredients

- ☐ 8 bratwurst
- ☐ 0.8 cup catsup
- ☐ 1 onion sliced

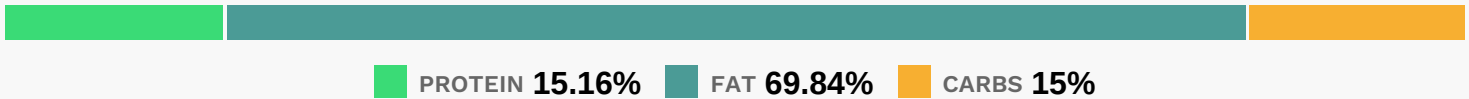
Equipment

- ☐ grill
- ☐ slow cooker

Directions

- ☐ Place bratwurst, beer, onion, and ketchup in a slow cooker.
- ☐ Pour water over mixture until everything is covered. Set slow cooker to HIGH and cook for 4 hours.
- ☐ Preheat an outdoor grill for high heat and lightly oil grate.
- ☐ Grill bratwurst on preheated grill until they are browned, about 5 minutes.

Nutrition Facts



Properties

Glycemic Index:6.88, Glycemic Load:0.81, Inflammation Score:-2, Nutrition Score:8.2678261269694%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.98mg, Quercetin: 2.98mg, Quercetin: 2.98mg, Quercetin: 2.98mg

Nutrients (% of daily need)

Calories: 248.01kcal (12.4%), Fat: 19.31g (29.7%), Saturated Fat: 6.61g (41.31%), Carbohydrates: 9.33g (3.11%), Net Carbohydrates: 9.03g (3.28%), Sugar: 5.38g (5.97%), Cholesterol: 48.84mg (16.28%), Sodium: 762.98mg (33.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.43g (18.85%), Selenium: 26.43µg (37.75%), Vitamin B1: 0.31mg (20.78%), Vitamin B3: 3.51mg (17.53%), Phosphorus: 147.12mg (14.71%), Zinc: 2.21mg (14.71%), Vitamin B2: 0.24mg (14.33%), Vitamin B6: 0.27mg (13.39%), Potassium: 312.98mg (8.94%), Vitamin B12: 0.48µg (8.03%), Vitamin D: 0.73µg (4.84%), Vitamin B5: 0.47mg (4.67%), Copper: 0.09mg (4.66%), Magnesium: 18.16mg (4.54%), Vitamin E: 0.5mg (3.35%), Vitamin K: 2.97µg (2.83%), Iron: 0.46mg (2.54%), Calcium: 25.02mg (2.5%), Manganese: 0.05mg (2.46%), Vitamin A: 119.66IU (2.39%), Vitamin C: 1.94mg (2.35%), Folate: 6.62µg (1.65%), Fiber: 0.3g (1.21%)