

CHEDDAR BEER BRATS



50 STATES 50 PLATES

featuring

★ FRANKLIN BECKER ★

Paid spokesperson for Novo Nordisk.

INGREDIENTS

- ★ 4 chicken Monterey Jack cheese bratwurst, (1 link 68 grams - greenwise chicken sausage with chipotle and Monterey Jack)
- ★ 12 ounces non-alcoholic low-carbohydrate beer, such as Heineken 00
- ★ Avocado oil spray
- ★ 1 medium yellow onion, 8 ounces, peeled and sliced lengthwise ¼-inch thick
- ★ Ground black pepper, to taste
- ★ Whole grain or spicy brown mustard, optional, for serving
- ★ 4 reduced-carbohydrate hamburger/sandwich buns
- ★ Sauerkraut, optional, for serving

DIRECTIONS

In a cast iron skillet over medium heat combine bratwurst, onion, and non-alcoholic beer. Season with pepper. Bring to a boil and cook until liquid has evaporated, flipping sausages halfway through, about 25 to 30 minutes total.

Transfer onions and bratwurst to a plate, clean pan and return to medium-high heat. Lightly oil buns and place cut sides down in the pan. Cook until golden, about 1 minute. Transfer to a plate. Lightly oil the pan and add sausages. Cook, turning occasionally, until browned all over, about 4 minutes total.

Divide sausages among buns and top with mustard, onions, and sauerkraut, if desired.

Serving Size and Nutritional Information:

Serves 4 (Serving Size 1 Sandwich = 227g)

260 Calories Per Serving, **12g** Total Fat,

27g Total Carbohydrates, **24g** Protein

Estimated nutrition information is provided as a courtesy. Data gathered via a registered nutritionist. We strive to make this information as accurate as possible; however, Novo Nordisk makes no warranties regarding its accuracy.



Want more recipes? Download more delicious, type 2 diabetes-friendly recipes at [MyType2Transformation.com](https://www.MyType2Transformation.com).



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