

Grilled Bratwurst

Ingredients

Sausage, bratwurst, beef & pork, smkd, Buns, hot dog/frankfurter.

Nutrients per serving

Nutrition Facts	
Serving Size 1 Sandwich (156g)	
Servings Per Container	
Amount Per Serving	
Calories 460	Calories from Fat 290
% Daily Value*	
Total Fat 32g	49%
Saturated Fat 7g	35%
Trans Fat --g	
Cholesterol 90mg	30%
Sodium 1170mg	49%
Total Carbohydrate 24g	8%
Dietary Fiber 1g	4%
Sugars 3g	
Protein 18g	
Vitamin A 0%	• Vitamin C 0%
Calcium 6%	• Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	