

Beer Brats

Yield: 10 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/sweet-italian-sausage-braut-recipe>

Ingredients:

- 48 ounces beer
- 1 onion large, diced
- 10 bratwurst
- 2 teaspoons red pepper flakes
- 1 teaspoon garlic powder
- 1 teaspoon salt
- 1/2 teaspoon ground black pepper

Nutrition:

1. Calories: 400 calories
2. Carbohydrate: 9 grams
3. Cholesterol: 90 milligrams
4. Fat: 29 grams
5. Protein: 14 grams
6. SaturatedFat: 7 grams
7. Sodium: 1200 milligrams

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