



Spiral Beer Brats

30
minutes
or less

INGREDIENTS

6 Hy-Vee beer bratwursts
Gustare Vita olive oil, for
brushing

PREPARATION

- 1 Skewer brats lengthwise onto soaked bamboo skewers. Use a pairing knife to cut each brat in a spiral fashion, cutting to skewer and making cuts about 1-inch apart. lightly brush with olive oil. Grill over medium direct heat for 10 to 12 minutes or until internal temperature reaches 165°.

NUTRITION FACTS

Calories: 330
Total Fat: 20g
Saturated Fat: 8g
Trans Fat: 0g
Cholesterol: 70mg

Sodium: 790mg
Carbohydrates: 16g
Fiber: 0g
Sugar: 2g
Protein: 16g