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State Fair Smashbrat ♦

State Fair Smashbrat is a delicious and hearty bratwurst sandwich that is a popular favorite at state fairs. It features a juicy bratwurst patty topped with caramelized onions, sauerkraut, and tangy mustard, all served on a soft bun. This recipe is perfect for a summer barbecue or a game day snack.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 20 mins

Total Time: 35 mins

Recipe Yield: 200 grams

Number of Servings: 4

Serving Size: 50 g

Ingredients

400 g	bratwurst patties
100 g	Onions
100 g	Sauerkraut
50 g	mustard
200 g	buns

Directions

Step 1

Grilling

Grill the bratwurst patties until cooked through.

Prep Time: 5 mins

Cook Time: 10 mins

Step 2

Sautéing

In a separate pan, sauté the onions until caramelized.

Prep Time: 5 mins

Cook Time: 5 mins

Step 3

Grilling

Toast the buns on the grill or in a toaster.

Prep Time: 2 mins

Cook Time: 3 mins

Step 4

Assemble the sandwich by placing a bratwurst patty on each bun, topping with caramelized onions, sauerkraut, and mustard.

Prep Time: 3 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 450 kcal

Fat: 30 g

Protein: 15 g

Carbohydrates: 30 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	15 g	88.24%	88.24%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	5 g	13.16%	20%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	12 g	N/A	N/A
Saturated Fat	9 g	40.91%	52.94%
Fat	30 g	107.14%	120%
Cholesterol	40 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	10 mg	11.11%	13.33%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	20 mcg	833.33%	833.33%
Vitamin E	6 mg	40%	40%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	1000 mg	43.48%	43.48%
Calcium	8 mg	0.8%	0.8%
Iron	15 mg	187.5%	83.33%
Potassium	10 mg	0.29%	0.38%
Zinc	15 mg	136.36%	187.5%
Selenium	8 mcg	14.55%	14.55%

Recipe Attributes

Events

Barbecue

Game Day

Kitchen Tools

Slow Cooker

Course

Desserts

Snacks

Cultural

Chinese New Year

Easter

Cost

Under \$10

Demographics

Kids Friendly

Teen Friendly

Lactation Friendly

Diabetic Friendly

Heart Healthy

Diet

Volumetrics Diet

Atkins Diet

Zone Diet

OMAD (One Meal a Day) Diet

Raw Food Diet

Lacto-Ovo Vegetarian Diet

Ayurvedic Diet

Meal Type

Snack

Supper

Difficulty Level

Medium

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