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Sirloin & Ribs Combo

A delicious combination of sirloin steak and ribs, perfect for meat lovers. The sirloin steak is tender and juicy, while the ribs are fall-off-the-bone tender. This recipe is perfect for a hearty dinner or a backyard barbecue.

Recipe Type: Standard

Prep Time: 20 mins

Cook Time: 120 mins

Total Time: 140 mins

Recipe Yield: 1000 grams

Number of Servings: 4

Serving Size: 250 g

Ingredients

500 g	sirloin steak
500 g	ribs
2 tsp	salt
2 tsp	black pepper
2 tsp	garlic powder

2 tsp	paprika
1 c	barbecue sauce

Directions

Step 1

Grilling

Preheat the grill to medium-high heat.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Seasoning

Season the sirloin steak and ribs with salt, black pepper, garlic powder, and paprika.

Prep Time: 10 mins

Cook Time: 0 mins

Step 3

Grilling

Grill the sirloin steak for 5-7 minutes per side, or until desired doneness. Grill the ribs for 1-2 hours, or until tender, basting with barbecue sauce every 30 minutes.

Prep Time: 0 mins

Cook Time: 90 mins

Step 4

Resting

Let the steak and ribs rest for 5 minutes before slicing. Serve hot with additional barbecue sauce on the side.

Prep Time: 5 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 600 kcal

Fat: 30 g

Protein: 60 g

Carbohydrates: 10 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	60 g	352.94%	352.94%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%
Fibers	2 g	5.26%	8%
Sugars	8 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	10 g	N/A	N/A
Saturated Fat	15 g	68.18%	88.24%
Fat	30 g	107.14%	120%
Cholesterol	150 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	2 mg	2.22%	2.67%
Vitamin B6	15 mg	1153.85%	1153.85%
Vitamin B12	40 mcg	1666.67%	1666.67%
Vitamin E	8 mg	53.33%	53.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	1000 mg	43.48%	43.48%
Calcium	6 mg	0.6%	0.6%
Iron	20 mg	250%	111.11%
Potassium	800 mg	23.53%	30.77%
Zinc	30 mg	272.73%	375%
Selenium	60 mcg	109.09%	109.09%

Recipe Attributes

Events

Barbecue

Picnic

Cuisines

Middle Eastern

Kitchen Tools

Slow Cooker

Course

Main Dishes

Salads

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Diwali

Oktoberfest

Easter

Cost

Under \$10

Demographics

Senior Friendly

Teen Friendly

Lactation Friendly

Allergy Friendly

Heart Healthy

Diet

Mediterranean Diet

DASH Diet (Dietary Approaches to Stop Hypertension)

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

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