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## Steak & Honey BBQ Chicken Combo

This delicious combo features a juicy steak and tender honey BBQ chicken. It's the perfect pairing for meat lovers.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** 30 mins

**Total Time:** 45 mins

**Recipe Yield:** 1000 grams

**Number of Servings:** 4

**Serving Size:** 250 g

### Ingredients

500 g	steak
500 g	Chicken
1 c	bbq sauce
4 tbsp	Honey
1 tsp	Salt

1 tsp	Black pepper
1 tsp	Garlic powder
1 tsp	Onion powder
1 tsp	Paprika

## Directions

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### Step 1

Grilling

Preheat the grill to medium-high heat.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

Grilling

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

**Prep Time:** 5 mins

**Cook Time:** 10 mins

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### Step 3

Grilling

Grill the steak for 4-5 minutes per side for medium-rare doneness.

**Prep Time:** 0 mins

**Cook Time:** 10 mins

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## Step 4

In a small bowl, mix together the BBQ sauce and honey.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 5

Grilling

Brush the chicken with the BBQ sauce mixture.

**Prep Time:** 5 mins

**Cook Time:** 10 mins

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## Step 6

Grilling

Grill the chicken for 6-8 minutes per side until cooked through.

**Prep Time:** 0 mins

**Cook Time:** 15 mins

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## Step 7

Resting

Let the steak and chicken rest for 5 minutes before slicing.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Step 8

Serving

Slice the steak and serve with the grilled chicken.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 400 kcal

**Fat:** 20 g

**Protein:** 40 g

**Carbohydrates:** 15 g

# Nutrition Facts

## Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	40 g	235.29%	235.29%

## Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	15 g	27.27%	30%
Fibers	2 g	5.26%	8%
Sugars	10 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	6 g	N/A	N/A
Saturated Fat	8 g	36.36%	47.06%
Fat	20 g	71.43%	80%
Cholesterol	120 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	4 mg	4.44%	5.33%
Vitamin B6	20 mg	1538.46%	1538.46%
Vitamin B12	30 mcg	1250%	1250%
Vitamin E	6 mg	40%	40%
Vitamin D	2 mcg	13.33%	13.33%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	4 mg	0.4%	0.4%
Iron	15 mg	187.5%	83.33%
Potassium	600 mg	17.65%	23.08%
Zinc	25 mg	227.27%	312.5%
Selenium	50 mcg	90.91%	90.91%

## Recipe Attributes

### Seasonality

Fall

## Kitchen Tools

Slow Cooker

Blender

Pressure Cooker

Air Fryer

## Nutritional Content

Low Calorie

## Cuisines

Italian

## Diet

Anti-Inflammatory Diet

## Events

Barbecue

Picnic

## Course

Appetizers

Main Dishes

Side Dishes

Desserts

Salads

Sauces & Dressings

## Cultural

Chinese New Year

Cinco de Mayo

Diwali

## Meal Type

Lunch

Dinner

Snack

## Difficulty Level

Easy

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