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Steak Biscuit ♦

A delicious and hearty breakfast sandwich featuring a tender steak patty on a flaky biscuit.

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	steak
4 pieces	biscuits
1 tsp	Salt
1 tsp	Black pepper
1 tsp	Garlic powder
1 tsp	Onion powder

4 tbsp Butter

Directions

Step 1

Grilling

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

Prep Time: 5 mins

Cook Time: 10 mins

Step 2

Grilling

Grill the steak for about 5 minutes on each side, or until desired doneness.

Prep Time: 0 mins

Cook Time: 10 mins

Step 3

Cutting

Let the steak rest for a few minutes, then slice it into thin strips.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Toasting

Split the biscuits in half and toast them lightly.

Prep Time: 0 mins

Cook Time: 5 mins

Step 5

Spreading

Spread butter on the toasted biscuit halves.

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Plating

Place the sliced steak on the bottom half of each biscuit.

Prep Time: 0 mins

Cook Time: 0 mins

Step 7

Serving

Cover with the top half of the biscuit and serve.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 300 kcal

Fat: 20 g

Protein: 15 g

Carbohydrates: 15 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	15 g	27.27%	30%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Fibers	1 g	2.63%	4%
Sugars	1 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	8 g	N/A	N/A
Saturated Fat	10 g	45.45%	58.82%
Fat	20 g	71.43%	80%
Cholesterol	40 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	0 mg	0%	0%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	15 mcg	625%	625%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	2 mcg	13.33%	13.33%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	6 mg	0.6%	0.6%
Iron	10 mg	125%	55.56%
Potassium	8 mg	0.24%	0.31%
Zinc	15 mg	136.36%	187.5%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Meal Type

Breakfast Brunch Lunch Dinner Snack Supper

Course

Breads Salads Appetizers Main Dishes Side Dishes Desserts Drinks

Sauces & Dressings

Cooking Method

Steaming Frying Baking Simmering Serving

Healthy For

Gastroesophageal reflux disease (GERD)

Difficulty Level

Medium

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