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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

# Directions

#### Step 1



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

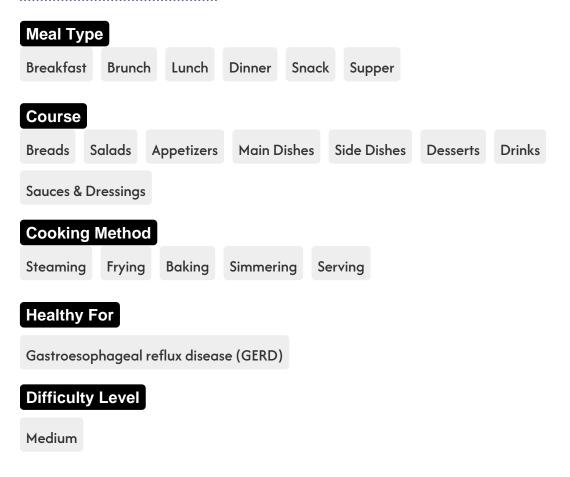
## Vitamins

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**



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