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## Steak w/Green Peppers, Onions Small ••

This recipe is a classic steak dish with sautéed green peppers and onions. It is a hearty and flavorful meal that is perfect for meat lovers. The steak is cooked to perfection and served with tender and caramelized vegetables. It is a delicious and satisfying dish that is sure to impress.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** 20 mins

**Total Time:** 35 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

<b>500 g</b>	steak
<b>2 small</b>	Green Peppers
<b>2 small</b>	onions small
<b>1 tsp</b>	salt

1 tsp black pepper

2 tbsp olive oil

## Directions

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### Step 1

Grilling

Preheat the grill or stovetop grill pan.

**Prep Time:** 5 mins

**Cook Time:** 10 mins

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### Step 2

Season the steak with salt and black pepper.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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### Step 3

Grilling

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

**Prep Time:** 0 mins

**Cook Time:** 10 mins

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## Step 4

Resting

Remove the steak from the grill and let it rest for 5 minutes.

**Prep Time:** 0 mins

**Cook Time:** 5 mins

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## Step 5

Stove

Meanwhile, heat olive oil in a skillet over medium heat.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 6

Sautéing

Add the green peppers and onions to the skillet and sauté until tender and caramelized, about 8-10 minutes.

**Prep Time:** 0 mins

**Cook Time:** 10 mins

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## Step 7

Serving

Slice the steak against the grain and serve with the sautéed green peppers and onions.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 350 kcal

**Fat:** 15 g

**Protein:** 40 g

**Carbohydrates:** 10 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)
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Carbohydrates	10 g	18.18%	20%
Fibers	2 g	5.26%	8%
Sugars	4 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	4 g	18.18%	23.53%
Fat	15 g	53.57%	60%
Cholesterol	100 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	80 mg	88.89%	106.67%
Vitamin B6	15 mg	1153.85%	1153.85%
Vitamin B12	35 mcg	1458.33%	1458.33%
Vitamin E	10 mg	66.67%	66.67%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	6 mg	0.6%	0.6%
Iron	25 mg	312.5%	138.89%
Potassium	800 mg	23.53%	30.77%
Zinc	30 mg	272.73%	375%
Selenium	40 mcg	72.73%	72.73%

## Recipe Attributes

### Cuisines

Italian

### Nutritional Content

Low Calorie

### Kitchen Tools

Blender

Slow Cooker

### Diet

Anti-Inflammatory Diet

### Cooking Method

Frying

Baking

Boiling

Sautéing

### Healthy For

Gastroesophageal reflux disease (GERD)

Gastritis

Peptic ulcer disease

Inflammatory bowel disease (IBD)

Irritable bowel syndrome (IBS)

Celiac disease

Diverticulitis

Hemorrhoids

Appendicitis

Gallstones

Pancreatitis

### Meal Type

Lunch

Dinner

Snack

Supper

### Difficulty Level

Medium

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