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Steak Mushroom Melt [♦]

The Steak Mushroom Melt is a delicious sandwich made with hand-tossed steak and sautéed mushrooms. It is a hearty and satisfying meal that is perfect for lunch or dinner. The steak is cooked to perfection and topped with melted cheese, creating a mouthwatering combination of flavors. The mushrooms add a savory and earthy taste to the sandwich, making it even more delicious. This recipe is a must-try for steak lovers and mushroom enthusiasts.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 20 mins

Total Time: 35 mins

Recipe Yield: 500 grams

Number of Servings: 2

Serving Size: 250 g

Ingredients

| | |
|-------|-----------|
| 300 g | steak |
| 200 g | Mushrooms |
| 100 g | cheese |

| | |
|-----------------|--------|
| 4 slices | bread |
| 20 g | butter |
| 1 | Salt |
| teaspoon | |
| 1 | Pepper |
| teaspoon | |

Directions

Step 1

Preheating

Preheat the oven to 200°C.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Seasoning

Season the steak with salt and pepper.

Prep Time: 5 mins

Cook Time: 10 mins

Step 3

Grilling

Heat a skillet over medium-high heat and cook the steak for 3-4 minutes per side, or until it reaches the desired doneness.

Prep Time: 5 mins

Cook Time: 8 mins

Step 4

Resting

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

Prep Time: 0 mins

Cook Time: 5 mins

Step 5

Sautéing

While the steak is resting, sauté the mushrooms in butter until they are tender and golden brown.

Prep Time: 5 mins

Cook Time: 5 mins

Step 6

Cutting

Slice the steak thinly.

Prep Time: 2 mins

Cook Time: 0 mins

Step 7

Spreading

Spread butter on one side of each bread slice.

Prep Time: 2 mins

Cook Time: 0 mins

Step 8

Plating

Place the steak slices and sautéed mushrooms on one bread slice.

Prep Time: 2 mins

Cook Time: 0 mins

Step 9

Plating

Top with cheese and cover with another bread slice, buttered side up.

Prep Time: 2 mins

Cook Time: 0 mins

Step 10

Grilling

Heat a skillet over medium heat and cook the sandwich for 2-3 minutes per side, or until the bread is golden brown and the cheese is melted.

Prep Time: 0 mins

Cook Time: 6 mins

Step 11

Resting

Remove the sandwich from the skillet and let it cool for a few minutes before serving.

Prep Time: 0 mins

Cook Time: 3 mins

Nutrition Facts

Calories: 500 kcal

Fat: 20 g

Protein: 40 g

Carbohydrates: 40 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 | 40 g | 72.73% | 80% |
| Fibers | 5 g | 13.16% | 20% |
| Sugars | 5 g | N/A | N/A |
| Lactose | 10 g | N/A | N/A |

Fats

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------------|--------|------------------------|--------------------------|
| Monounsaturated Fat | 5 g | N/A | N/A |
| Saturated Fat | 10 g | 45.45% | 58.82% |
| Fat | 20 g | 71.43% | 80% |
| 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 | 8 mg | 8.89% | 10.67% |
| Vitamin B6 | 15 mg | 1153.85% | 1153.85% |
| Vitamin B12 | 40 mcg | 1666.67% | 1666.67% |
| Vitamin E | 6 mg | 40% | 40% |
| Vitamin D | 0 mcg | 0% | 0% |

Minerals

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-----------|--------|------------------------|--------------------------|
| Sodium | 800 mg | 34.78% | 34.78% |
| Calcium | 20 mg | 2% | 2% |
| Iron | 25 mg | 312.5% | 138.89% |
| Potassium | 15 mg | 0.44% | 0.58% |
| Zinc | 30 mg | 272.73% | 375% |
| Selenium | 30 mcg | 54.55% | 54.55% |

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Nutritional Content

Low Calorie

Cuisines

Italian

Middle Eastern

Diet

Anti-Inflammatory Diet

Meal Type

Dinner

Snack

Breakfast

Brunch

Lunch

Events

Picnic

Course

Side Dishes

Desserts

Drinks

Salads

Snacks

Sauces & Dressings

Appetizers

Main Dishes

Difficulty Level

Medium

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