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7 1/2" Steak (Lower Fat)

This recipe features a delicious 7 1/2" steak that is lower in fat. It is perfect for meat lovers who want a healthier option. The steak is cooked to perfection and is juicy and flavorful. It is a great choice for a hearty and satisfying meal.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 20 mins

Total Time: 35 mins

Recipe Yield: 200 grams

Number of Servings: 2

Serving Size: 100 g

Ingredients

400 g	7 1/2" steak
1 tsp	salt
1 tsp	black pepper
1 tsp	garlic powder
2 tbsp	olive oil

Directions

Step 1

Grilling

Preheat the grill to medium-high heat.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Season the steak with salt, black pepper, and garlic powder on both sides.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Drizzle olive oil over the steak to prevent sticking.

Prep Time: 2 mins

Cook Time: 0 mins

Step 4

Grilling

Place the steak on the preheated grill and cook for 4-5 minutes per side for medium-rare, or until desired doneness is reached.

Prep Time: 0 mins

Cook Time: 10 mins

Step 5

Resting

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

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Cutting

Slice the steak against the grain and serve.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 220 kcal

Fat: 10 g

Protein: 30 g

Carbohydrates: 0 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	30 g	176.47%	176.47%

Carbohydrates

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

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Saturated Fat	3 g	13.64%	17.65%
Fat	10 g	35.71%	40%
Cholesterol	70 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	2 iu	0.22%	0.29%
Vitamin C	0 mg	0%	0%
Vitamin B6	20 mg	1538.46%	1538.46%
Vitamin B12	70 mcg	2916.67%	2916.67%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	400 mg	17.39%	17.39%
Calcium	2 mg	0.2%	0.2%
Iron	15 mg	187.5%	83.33%
Potassium	400 mg	11.76%	15.38%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	30 mg	272.73%	375%
Selenium	35 mcg	63.64%	63.64%

Recipe Attributes

Nutritional Content

Low Fat

Kitchen Tools

Slow Cooker

Blender

Cuisines

Italian

Diet

Anti-Inflammatory Diet

Course

Side Dishes

Snacks

Cultural

Chinese New Year

Events

Barbecue

Picnic

Cooking Method

Frying

Boiling

Roasting

Cooking

None

Stir-frying

Mashing

Preheating

Sprinkling

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

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