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Ribeye Steak

A delicious and juicy ribeye steak recipe that is perfect for meat lovers. The ribeye steak is known for its marbling and tenderness, making it a favorite among steak enthusiasts. This recipe includes grilling the steak to perfection and serving it with your favorite sides.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 15 mins

Total Time: 25 mins

Recipe Yield: 500 grams

Number of Servings: 2

Serving Size: 250 g

Ingredients

500 g	ribeye steak
1 tsp	salt
1 tsp	black pepper
1 tsp	garlic powder
2 tbsp	olive oil

Directions

Step 1

Grilling

Preheat the grill to high heat.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Season the ribeye 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 seasoned steak.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Grilling

Place the steak on the preheated grill and cook for 5-7 minutes on each side for medium-rare doneness.

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

Serving

Slice the steak against the grain and serve with your favorite sides.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 420 kcal

Fat: 32 g

Protein: 34 g

Carbohydrates: 0 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	34 g	200%	200%

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	20 g	N/A	N/A

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Saturated Fat	14 g	63.64%	82.35%
Fat	32 g	114.29%	128%
Cholesterol	100 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	60 mcg	2500%	2500%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	550 mg	23.91%	23.91%
Calcium	2 mg	0.2%	0.2%
Iron	15 mg	187.5%	83.33%
Potassium	550 mg	16.18%	21.15%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	40 mg	363.64%	500%
Selenium	65 mcg	118.18%	118.18%

Recipe Attributes

Cuisines

Italian

Kitchen Tools

Grill Slow Cooker

Course

Appetizers Main Dishes Drinks Salads Sauces & Dressings

Cultural

Chinese New Year

Cost

\$10 to \$20 \$30 to \$40

Demographics

Teen Friendly Lactation Friendly Heart Healthy

Diet

Mediterranean Diet Paleo Diet Atkins Diet Low Carb, High Fat (LCHF) Diet

Ornish Diet Nutrisystem Diet

Meal Type

Lunch Dinner Snack

Difficulty Level

Easy

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