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Bachelor Steak ♦

A simple and delicious steak recipe perfect for bachelors. The steak is cooked to perfection and served with a side of mashed potatoes and vegetables.

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	steak
300 g	potatoes
50 g	butter
2 cloves	garlic
1 tsp	salt
1 tsp	pepper

2 tbsp olive oil

200 g broccoli

Directions

Step 1

Preheating

Preheat the oven to 400°F (200°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Season the steak with salt and pepper.

Prep Time: 0 mins

Cook Time: 0 mins

Step 3

Stove

Heat olive oil in a skillet over medium-high heat. Add the steak and cook for 3-4 minutes on each side until browned.

Prep Time: 0 mins

Cook Time: 8 mins

Step 4

Oven

Transfer the steak to a baking sheet and bake in the preheated oven for 10-12 minutes for medium-rare or until desired doneness.

Prep Time: 0 mins

Cook Time: 12 mins

Step 5

Boiling

While the steak is baking, peel and boil the potatoes until tender. Drain and mash with butter and garlic.

Prep Time: 10 mins

Cook Time: 10 mins

Step 6

Steaming

Steam the broccoli until tender.

Prep Time: 5 mins

Cook Time: 5 mins

Step 7

Plating

Serve the steak with mashed potatoes and steamed broccoli.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 400 kcal

Fat: 20 g

Protein: 30 g

Carbohydrates: 30 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)
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Carbohydrates	30 g	54.55%	60%
Fibers	5 g	13.16%	20%
Sugars	2 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	6 g	27.27%	35.29%
Fat	20 g	71.43%	80%
Cholesterol	80 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	60 mg	66.67%	80%
Vitamin B6	15 mg	1153.85%	1153.85%
Vitamin B12	40 mcg	1666.67%	1666.67%
Vitamin E	10 mg	66.67%	66.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	600 mg	26.09%	26.09%
Calcium	8 mg	0.8%	0.8%
Iron	20 mg	250%	111.11%
Potassium	800 mg	23.53%	30.77%
Zinc	25 mg	227.27%	312.5%
Selenium	50 mcg	90.91%	90.91%

Recipe Attributes

Cuisines

American

Italian

Course

Side Dishes

Snacks

Cultural

Chinese New Year

Diet

Anti-Inflammatory Diet

Cooking Method

Frying

Baking

Boiling

Sautéing

Serving

None

Healthy For

Gastroesophageal reflux disease (GERD)

Gastritis

Peptic ulcer disease

Inflammatory bowel disease (IBD)

Irritable bowel syndrome (IBS)

Celiac disease

Diverticulitis

Hemorrhoids

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

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