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Steak and Cream Cheese Sandwiches ♦

A delicious sandwich made with juicy steak and creamy cream cheese. Perfect for a hearty lunch or dinner.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 10 mins

Total Time: 25 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

400 g	steak
200 g	cream cheese
8 slices	bread
20 g	butter
1 tsp	Salt

1 tsp Pepper

Directions

Step 1

Grilling

Season the steak with salt and pepper.

Prep Time: 5 mins

Cook Time: 10 mins

Step 2

Grilling

Cook the steak on a hot grill for 4-5 minutes per side.

Prep Time: 0 mins

Cook Time: 10 mins

Step 3

Cutting

Let the steak rest for 5 minutes, then slice it thinly.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Spread cream cheese on one side of each bread slice.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Place steak slices on top of the cream cheese on 4 bread slices.

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Cover with the remaining bread slices to make sandwiches.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 400 kcal

Fat: 25 g

Protein: 20 g

Carbohydrates: 30 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	2 g	5.26%	8%
Sugars	3 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	12 g	54.55%	70.59%
Fat	25 g	89.29%	100%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Cholesterol	60 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	2 mg	2.22%	2.67%
Vitamin B6	15 mg	1153.85%	1153.85%
Vitamin B12	30 mcg	1250%	1250%
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	10 mg	1%	1%
Iron	15 mg	187.5%	83.33%
Potassium	400 mg	11.76%	15.38%
Zinc	20 mg	181.82%	250%
Selenium	25 mcg	45.45%	45.45%

Recipe Attributes

Events

Picnic

Cuisines

American

Course

Main Dishes

Salads

Sauces & Dressings

Demographics

Diabetic Friendly

Heart Healthy

Diet

Mediterranean Diet

Vegetarian Diet

Raw Food Diet

Anti-Inflammatory Diet

The Fast Metabolism Diet

The Rice Diet

The F-Plan Diet

The SlimFast Diet

The Optavia Diet

The Starch Solution Diet

The Dr. Sebi Diet

The High-Vitamin K Diet

The Psoriasis Diet

Meal Type

Lunch

Dinner

Snack

Supper

Difficulty Level

Medium

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