



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

Simple Steak

A classic steak recipe that is easy to prepare and delicious to eat. This recipe is perfect for meat lovers and is not suitable for vegetarians or vegans.

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	steak
1 tsp	salt
1 tsp	black pepper
2 tbsp	olive oil
2 cloves	garlic

Directions

Step 1

Grilling

Preheat the grill or stovetop pan to medium-high heat.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

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

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Drizzle olive oil over the steak and rub it in with minced garlic.

Prep Time: 3 mins

Cook Time: 0 mins

Step 4

Grilling

Place the steak on the grill or stovetop pan and cook for about 4-5 minutes on each side for medium-rare.

Prep Time: 0 mins

Cook Time: 10 mins

Step 5

Resting

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

Prep Time: 0 mins

Cook Time: 5 mins

Step 6

Serving

Slice the steak against the grain and serve.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 15 g

Protein: 25 g

Carbohydrates: 0 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	25 g	147.06%	147.06%

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	10 g	N/A	N/A

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Saturated Fat	6 g	27.27%	35.29%
Fat	15 g	53.57%	60%
Cholesterol	75 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	2 mcg	83.33%	83.33%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	20 mg	2%	2%
Iron	2 mg	25%	11.11%
Potassium	400 mg	11.76%	15.38%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	3 mg	27.27%	37.5%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Cuisines

American Italian

Kitchen Tools

Slow Cooker Blender

Diet

Anti-Inflammatory Diet

Course

Drinks Salads Snacks Sauces & Dressings

Cooking Method

Stir-frying Sprinkling Refrigerating

Healthy For

Gastroesophageal reflux disease (GERD)

Meal Type

Lunch Dinner Snack

Difficulty Level

Medium

Visit our website: healthdor.com