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Creamy Steak and Spinach [♦]

Creamy Steak and Spinach is a delicious and hearty dish that combines tender steak with sautéed spinach in a creamy sauce. It is a perfect comfort food for meat lovers.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 20 mins

Total Time: 35 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	steak
200 g	spinach
50 g	butter
2 cloves	garlic
200 ml	heavy cream
1 tsp	Salt

0.5 tsp Black pepper

Directions

Step 1

Grilling

Season the steak with salt and black pepper.

Prep Time: 5 mins

Cook Time: 10 mins

Step 2

Frying

Heat butter in a pan and sauté garlic until fragrant.

Prep Time: 2 mins

Cook Time: 3 mins

Step 3

Sautéing

Add spinach to the pan and cook until wilted.

Prep Time: 2 mins

Cook Time: 3 mins

Step 4

Simmering

Pour heavy cream into the pan and simmer for 5 minutes.

Prep Time: 1 mins

Cook Time: 5 mins

Step 5

Plating

Slice the grilled steak and serve it on a bed of creamy spinach.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 450 kcal

Fat: 30 g

Protein: 35 g

Carbohydrates: 10 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	35 g	205.88%	205.88%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%
Fibers	3 g	7.89%	12%
Sugars	2 g	N/A	N/A
Lactose	20 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	10 g	N/A	N/A
Saturated Fat	15 g	68.18%	88.24%
Fat	30 g	107.14%	120%
Cholesterol	100 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	1000 iu	111.11%	142.86%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	1 mg	76.92%	76.92%
Vitamin B12	2 mcg	83.33%	83.33%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	2 mcg	13.33%	13.33%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	200 mg	20%	20%
Iron	4 mg	50%	22.22%
Potassium	600 mg	17.65%	23.08%
Zinc	4 mg	36.36%	50%
Selenium	30 mcg	54.55%	54.55%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Grill

Nutritional Content

Low Calorie

Cuisines

Italian

Diet

Anti-Inflammatory Diet

Meal Type

Lunch

Snack

Dinner

Course

Appetizers

Main Dishes

Side Dishes

Desserts

Breads

Salads

Soups

Sauces & Dressings

Cultural

Chinese New Year

Hanukkah

St. Patrick's Day

Difficulty Level

Medium

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