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## Keto Steak-Stuffed Peppers ♦

Keto Steak-Stuffed Peppers is a delicious and nutritious recipe that combines juicy steak with colorful bell peppers. The steak is seasoned with keto-friendly spices and cooked to perfection, then stuffed inside the peppers along with cheese and other flavorful ingredients. This low-carb and high-protein dish is perfect for those following a ketogenic diet.

**Recipe Type:** Standard

**Prep Time:** 20 mins

**Cook Time:** 30 mins

**Total Time:** 50 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

<b>400 g</b>	ribeye steak
<b>4 pieces</b>	Bell peppers
<b>100 g</b>	mozzarella cheese
<b>2 tbsp</b>	olive oil

<b>2</b>	garlic
<b>cloves</b>	
<b>1 tsp</b>	salt
<b>1 tsp</b>	black pepper
<b>1 tsp</b>	paprika
<b>0.5 tsp</b>	cayenne pepper

## Directions

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### Step 1

#### Preheating

Preheat the oven to 375°F (190°C).

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

#### Cutting

Cut the tops off the bell peppers and remove the seeds and membranes.

**Prep Time:** 10 mins

**Cook Time:** 0 mins

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### Step 3

### Sautéing

In a skillet, heat olive oil over medium-high heat. Add garlic and cook until fragrant.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 4

### Cooking

Add the steak to the skillet and cook until browned. Season with salt, black pepper, paprika, and cayenne pepper.

**Prep Time:** 5 mins

**Cook Time:** 10 mins

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## Step 5

### Resting

Remove the steak from the skillet and let it rest for a few minutes. Slice the steak into thin strips.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 6

### Preparation

Stuff the bell peppers with the sliced steak and mozzarella cheese. Place them in a baking dish.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 7

Baking

Bake the stuffed peppers in the preheated oven for 20 minutes or until the cheese is melted and bubbly.

**Prep Time:** 0 mins

**Cook Time:** 20 mins

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## Step 8

Serving

Serve the Keto Steak-Stuffed Peppers hot and enjoy!

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 350 kcal

**Fat:** 20 g

**Protein:** 35 g

**Carbohydrates:** 8 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	8 g	14.55%	16%
Fibers	2 g	5.26%	8%
Sugars	4 g	N/A	N/A
Lactose	0 g	N/A	N/A

### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Monounsaturated Fat	8 g	N/A	N/A
Saturated Fat	6 g	27.27%	35.29%
Fat	20 g	71.43%	80%
Cholesterol	90 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	15 iu	1.67%	2.14%
Vitamin C	120 mg	133.33%	160%
Vitamin B6	30 mg	2307.69%	2307.69%
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	500 mg	21.74%	21.74%
Calcium	20 mg	2%	2%
Iron	15 mg	187.5%	83.33%
Potassium	700 mg	20.59%	26.92%
Zinc	25 mg	227.27%	312.5%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	35 mcg	63.64%	63.64%

## Recipe Attributes

### Seasonality

Winter Summer Fall

### Events

Christmas Easter Thanksgiving Birthday Wedding Halloween  
Valentine's Day Mother's Day Father's Day New Year Anniversary  
Baby Shower Bridal Shower Graduation Back to School Barbecue Picnic

### Meal Type

Lunch Dinner Snack

### Difficulty Level

Easy

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