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# Grilled Shrimp & Sirloin

Grilled Shrimp & Sirloin is a delicious recipe that combines succulent shrimp and tender sirloin steak. The shrimp and sirloin are seasoned with a flavorful marinade and then grilled to perfection. This recipe is perfect for meat lovers and seafood enthusiasts alike.

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**

250 g	Shrimp
250 g	sirloin steak
4 tbsp	marinade
1 tsp	Salt
1 tsp	Black pepper

1 tsp	Garlic powder
1 tsp	Onion powder
1 tsp	Paprika
2 tbsp	Olive oil
2 tbsp	Lemon juice

## **Directions**

### Step 1

In a bowl, combine the salt, black pepper, garlic powder, onion powder, and paprika to make the seasoning.

Prep Time: 5 mins

Cook Time: 0 mins

### Step 2

Add the olive oil and lemon juice to the seasoning and mix well to make the marinade.

Prep Time: 5 mins

Cook Time: 0 mins

#### Step 3

Place the shrimp and sirloin steak in separate bowls and pour half of the marinade over each. Toss to coat the ingredients evenly. Let them marinate for at least 10 minutes.

Prep Time: 10 mins

Cook Time: 0 mins

#### Step 4

### Grilling

Preheat the grill to medium-high heat. Grill the shrimp for 2-3 minutes per side until they are pink and opaque. Grill the sirloin steak for 4-5 minutes per side for medium-rare or until desired doneness.

Prep Time: 0 mins

Cook Time: 10 mins

#### Step 5

#### Resting

Remove the shrimp and sirloin steak from the grill and let them rest for a few minutes. Slice the sirloin steak into thin strips.

Prep Time: 0 mins

Cook Time: 0 mins

#### Step 6

Serving

Serve the grilled shrimp and sirloin steak together. Enjoy!

Prep Time: 0 mins

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## **Nutrition Facts**

Calories: 250 kcal

**Fat:** 10 g

Protein: 35 g

Carbohydrates: 2 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	2 g	3.64%	4%
Fibers	0 g	0%	0%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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	6 g	N/A	N/A
Saturated Fat	3 g	13.64%	17.65%
Fat	10 g	35.71%	40%
Cholesterol	200 mg	N/A	N/A

### **Vitamins**

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	6 mg	6.67%	8%
Vitamin B6	20 mg	1538.46%	1538.46%
Vitamin B12	30 mcg	1250%	1250%
Vitamin E	8 mg	53.33%	53.33%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	400 mg	17.39%	17.39%
Calcium	2 mg	0.2%	0.2%
Iron	15 mg	187.5%	83.33%
Potassium	450 mg	13.24%	17.31%
Zinc	25 mg	227.27%	312.5%
Selenium	45 mcg	81.82%	81.82%

# **Recipe Attributes**

Seasonality

Fall

Kitchen Tools

Slow Cooker Blender

**Nutritional Content** 

Low Calorie

Cuisines

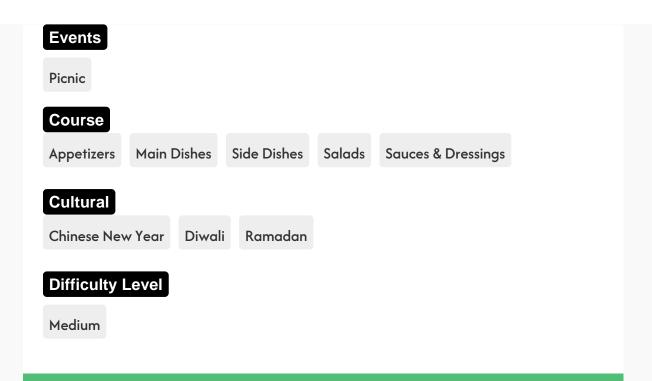
Italian French American

Diet

Anti-Inflammatory Diet

Meal Type

Breakfast Lunch Snack Dinner



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