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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

Cook Time: 0 mins

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

Events

Picnic

Course

Appetizers

Main Dishes

Side Dishes

Salads

Sauces & Dressings

Cultural

Chinese New Year

Diwali

Ramadan

Difficulty Level

Medium

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