



Healthdor

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Victoria's Filet ♦

Victoria's Filet is a tender and juicy 6 oz steak that is perfect for meat lovers. It is made from high-quality beef and is known for its rich flavor and melt-in-your-mouth texture. This recipe focuses on the steak itself, without any toppings or sides, allowing the natural flavors of the meat to shine through.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 15 mins

Total Time: 25 mins

Recipe Yield: 170 grams

Number of Servings: 1

Serving Size: 170 g

Ingredients

6 oz victoria's filet (6 oz)

Directions

Step 1

Grilling

Preheat the grill to medium-high heat.

Prep Time: 5 mins

Cook Time: 10 mins

Step 2

Season the steak with salt and pepper on both sides.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Grilling

Place the steak on the grill and cook for 3-4 minutes per side for medium-rare.

Prep Time: 0 mins

Cook Time: 8 mins

Step 4

Resting

Remove the steak from the grill and let it rest for 5 minutes before serving.

Prep Time: 0 mins

Cook Time: 5 mins

Step 5

Serving

Serve the Victoria's Filet as a main dish.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 348 kcal

Fat: 21 g

Protein: 36 g

Carbohydrates: 0 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Protein	36 g	211.76%	211.76%
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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	5 g	N/A	N/A
Saturated Fat	8 g	36.36%	47.06%
Fat	21 g	75%	84%
Cholesterol	110 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%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin B6	1 mg	76.92%	76.92%
Vitamin B12	2 mcg	83.33%	83.33%
Vitamin E	0 mg	0%	0%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	80 mg	3.48%	3.48%
Calcium	2 mg	0.2%	0.2%
Iron	22 mg	275%	122.22%
Potassium	0 mg	0%	0%
Zinc	6 mg	54.55%	75%
Selenium	41 mcg	74.55%	74.55%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Nutritional Content

Low Calorie

Cuisines

Italian

Diet

Anti-Inflammatory Diet

Course

Main Dishes

Side Dishes

Salads

Sauces & Dressings

Cooking Method

Steaming

Healthy For

Gastroesophageal reflux disease (GERD)

Gastritis

Peptic ulcer disease

Inflammatory bowel disease (IBD)

Irritable bowel syndrome (IBS)

Celiac disease

Diverticulitis

Hemorrhoids

Appendicitis

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

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