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## Mixed Grill •

A delicious mixed grill recipe featuring a variety of grilled meats and vegetables. This dish is perfect for a barbecue or outdoor gathering. The meats are marinated in a flavorful blend of herbs and spices, while the vegetables are lightly seasoned and grilled to perfection. Serve with a side of fresh salad or rice for a complete meal.

**Recipe Type:** Standard

**Prep Time:** 30 mins

**Cook Time:** 20 mins

**Total Time:** 50 mins

**Recipe Yield:** 1000 grams

**Number of Servings:** 4

**Serving Size:** 250 g

### Ingredients

500 g	chicken breast
500 g	Beef Steak
250 g	Bell peppers
150 g	red onion
200 g	zucchini

<b>4 tbsp</b>	olive oil
<b>4 cloves</b>	garlic
<b>2 pieces</b>	Lemon
<b>2 tsp</b>	salt
<b>1 tsp</b>	black pepper
<b>1 tsp</b>	paprika
<b>1 tsp</b>	cumin
<b>1 tsp</b>	chili powder

## Directions

### Step 1

#### Mixing

In a bowl, combine olive oil, minced garlic, lemon juice, salt, black pepper, paprika, cumin, and chili powder to make the marinade.

**Prep Time:** 10 mins

**Cook Time:** 0 mins

### Step 2

#### Marinating

Place the chicken breasts and beef steaks in separate ziplock bags. Pour half of the marinade over the chicken and the other half over the beef. Seal the bags and

refrigerate for at least 1 hour.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 3

Preheating

Preheat the grill to medium-high heat. Remove the chicken and beef from the marinade and discard the excess marinade.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 4

Grilling

Grill the chicken and beef for about 6-8 minutes per side, or until cooked through. Remove from the grill and let rest for 5 minutes.

**Prep Time:** 0 mins

**Cook Time:** 15 mins

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### Step 5

Grilling

While the meats are resting, brush the bell peppers, red onion, and zucchini with olive oil and season with salt and pepper. Grill the vegetables for about 4-5 minutes per side, or

until tender.

**Prep Time:** 5 mins

**Cook Time:** 10 mins

## Step 6

Cutting

Slice the grilled meats and serve with the grilled vegetables. Squeeze fresh lemon juice over the meats and vegetables before serving.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 300 kcal

**Fat:** 14 g

**Protein:** 30 g

**Carbohydrates:** 10 g

## Nutrition Facts

**Proteins**

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	30 g	176.47%	176.47%

## Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%
Fibers	3 g	7.89%	12%
Sugars	4 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	4 g	18.18%	23.53%
Fat	14 g	50%	56%
Cholesterol	80 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	60 mg	66.67%	80%
Vitamin B6	30 mg	2307.69%	2307.69%
Vitamin B12	60 mcg	2500%	2500%
Vitamin E	15 mg	100%	100%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	600 mg	26.09%	26.09%
Calcium	4 mg	0.4%	0.4%
Iron	20 mg	250%	111.11%
Potassium	600 mg	17.65%	23.08%
Zinc	25 mg	227.27%	312.5%
Selenium	40 mcg	72.73%	72.73%

## Recipe Attributes

**Events**

Barbecue

**Meal Type**

Breakfast

Snack

Lunch

Dinner

### Course

Breads

Salads

Snacks

Sauces & Dressings

### Cultural

Chinese New Year

Cinco de Mayo

Diwali

Hanukkah

Oktoberfest

Passover

Ramadan

St. Patrick's Day

Thanksgiving

Christmas

Easter

Halloween

### Cost

Under \$10

### Difficulty Level

Easy

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