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LongHorn Steak Tips ♦♦

LongHorn Steak Tips is a delicious steak recipe that is perfect for meat lovers. The steak is marinated in a flavorful sauce and then grilled to perfection. It can be enjoyed as a main dish for lunch or dinner.

Recipe Type: Standard

Prep Time: 30 mins

Cook Time: 15 mins

Total Time: 45 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	steak
4 tbsp	soy sauce
2 tbsp	worcestershire sauce
2 tbsp	brown sugar
2 cloves	garlic

1 tsp	black pepper
2 tbsp	vegetable oil

Directions

Step 1

Mixing

In a bowl, combine soy sauce, Worcestershire sauce, brown sugar, minced garlic, black pepper, and vegetable oil.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Marinating

Place the steak in a ziplock bag and pour the marinade over it. Seal the bag and refrigerate for at least 2 hours.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Preheating

Preheat the grill to medium-high heat. Remove the steak from the marinade and discard the marinade.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Grilling

Grill the steak for 4-6 minutes per side, or until desired doneness is reached.

Prep Time: 0 mins

Cook Time: 10 mins

Step 5

Resting

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

Prep Time: 0 mins

Cook Time: 5 mins

Step 6

Cutting

Slice the steak against the grain and serve.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 400 kcal

Fat: 20 g

Protein: 45 g

Carbohydrates: 6 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	45 g	264.71%	264.71%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	6 g	10.91%	12%
Fibers	0 g	0%	0%
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	10 g	N/A	N/A
Saturated Fat	6 g	27.27%	35.29%
Fat	20 g	71.43%	80%
Cholesterol	150 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%
Vitamin B6	30 mg	2307.69%	2307.69%
Vitamin B12	100 mcg	4166.67%	4166.67%
Vitamin E	10 mg	66.67%	66.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	1200 mg	52.17%	52.17%
Calcium	2 mg	0.2%	0.2%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	25 mg	312.5%	138.89%
Potassium	800 mg	23.53%	30.77%
Zinc	35 mg	318.18%	437.5%
Selenium	60 mcg	109.09%	109.09%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Grill

Nutritional Content

Low Calorie

Low Fat

High Fiber

Cuisines

Italian

American

Diet

Anti-Inflammatory Diet

Meal Type

Breakfast

Lunch

Snack

Dinner

Supper

Events

Picnic

Course

Appetizers

Side Dishes

Salads

Sauces & Dressings

Difficulty Level

Medium

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