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Steak Escape

A delicious steak recipe that will satisfy your cravings. The steak is cooked to perfection and served with a variety of flavorful ingredients. It's a hearty and filling meal that is perfect for any occasion.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 20 mins

Total Time: 35 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	steak
1 tsp	salt
1 tsp	black pepper
1 tsp	garlic powder
2 tbsp	olive oil

100 g	onion
100 g	bell pepper
100 g	Mushrooms
100 g	provolone cheese
4 pieces	bread rolls

Directions

Step 1

Grilling

Season the steak with salt, black pepper, and garlic powder.

Prep Time: 5 mins

Cook Time: 10 mins

Step 2

Sautéing

Heat olive oil in a pan and sauté the onion, bell pepper, and mushrooms until tender.

Prep Time: 5 mins

Cook Time: 5 mins

Step 3

Slice the steak and assemble the sandwiches with the sautéed vegetables and provolone cheese.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Toast the bread rolls and serve the sandwiches hot.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 350 kcal

Fat: 18 g

Protein: 30 g

Carbohydrates: 20 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	20 g	36.36%	40%
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	8 g	N/A	N/A
Saturated Fat	6 g	27.27%	35.29%
Fat	18 g	64.29%	72%
Cholesterol	60 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	30 mg	33.33%	40%
Vitamin B6	1 mg	76.92%	76.92%
Vitamin B12	3 mcg	125%	125%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	20 mg	2%	2%
Iron	15 mg	187.5%	83.33%
Potassium	600 mg	17.65%	23.08%
Zinc	3 mg	27.27%	37.5%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Events

Picnic

Kitchen Tools

Slow Cooker

Blender

Cuisines

Italian

Course

Snacks

Appetizers

Main Dishes

Side Dishes

Desserts

Drinks

Salads

Sauces & Dressings

Nutritional Content

High Protein

Low Fat

Low Sodium

Cultural

Chinese New Year

Diwali

Cost

Under \$10

\$10 to \$20

\$20 to \$30

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

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