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Peppered steaks with blue cheese

This recipe features juicy peppered steaks topped with creamy blue cheese. It is a classic dish that combines the richness of beef with the tanginess of blue cheese. The steaks are seasoned with a peppery rub and cooked to perfection, then topped with crumbled blue cheese for a flavor-packed meal.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 15 mins

Total Time: 30 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	steaks
2 tsp	Black pepper
1 tsp	Salt
100 g	blue cheese

Directions

Step 1

Preheating

Preheat the grill or stovetop grill pan.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Rubbing

In a small bowl, combine black pepper and salt. Rub the mixture onto both sides of the steaks.

Prep Time: 5 mins

Cook Time: 10 mins

Step 3

Grilling

Grill the steaks for 4-5 minutes per side for medium-rare, or longer if desired.

Prep Time: 0 mins

Cook Time: 10 mins

Step 4

Resting

Remove the steaks from the grill and let them rest for a few minutes.

Prep Time: 0 mins

Cook Time: 5 mins

Step 5

Serving

Crumble blue cheese over the steaks before serving.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 450 kcal

Fat: 30 g

Protein: 40 g

Carbohydrates: 2 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	40 g	235.29%	235.29%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	2 g	3.64%	4%
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	12 g	N/A	N/A
Saturated Fat	15 g	68.18%	88.24%
Fat	30 g	107.14%	120%
Cholesterol	120 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	2 iu	0.22%	0.29%
Vitamin C	0 mg	0%	0%
Vitamin B6	15 mg	1153.85%	1153.85%
Vitamin B12	50 mcg	2083.33%	2083.33%
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	900 mg	39.13%	39.13%
Calcium	10 mg	1%	1%
Iron	25 mg	312.5%	138.89%
Potassium	600 mg	17.65%	23.08%
Zinc	30 mg	272.73%	375%
Selenium	40 mcg	72.73%	72.73%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Nutritional Content

Low Calorie

Cuisines

Italian

Diet

Anti-Inflammatory Diet

Course

Main Dishes

Side Dishes

Sauces & Dressings

Healthy For

Gastroesophageal reflux disease (GERD)

Cooking Method

Frying

Boiling

Microwaving

Sautéing

Roasting

Smoking

Blending

Drying

Pickling

Whipping

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

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