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Ribeye with Sauce and A la Carte Salad ••

This recipe features a juicy ribeye steak served with a flavorful sauce and a refreshing a la carte salad. The ribeye is cooked to perfection, resulting in a tender and succulent steak that pairs perfectly with the tangy sauce. The salad adds a crisp and vibrant element to the dish, making it a well-rounded and satisfying meal.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 20 mins

Total Time: 35 mins

Recipe Yield: 255 grams

Number of Servings: 2

Serving Size: 127 g

Ingredients

9 oz	Ribeye
0.5 cup	sauce
200 g	salad

Directions

Step 1

Grilling

Preheat the grill or skillet.

Prep Time: 5 mins

Cook Time: 10 mins

Step 2

Season the ribeye with salt and pepper.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Grilling

Grill the ribeye for 4-5 minutes on each side for medium-rare.

Prep Time: 0 mins

Cook Time: 10 mins

Step 4

Resting

Let the ribeye rest for 5 minutes before slicing.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Mixing

Prepare the sauce by combining the desired ingredients.

Prep Time: 5 mins

Cook Time: 0 mins

Step 6

Mixing

Toss the salad ingredients together in a bowl.

Prep Time: 3 mins

Cook Time: 0 mins

Step 7

Serving

Serve the sliced ribeye with the sauce and a la carte salad.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 450 kcal

Fat: 30 g

Protein: 40 g

Carbohydrates: 5 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	5 g	9.09%	10%
Fibers	2 g	5.26%	8%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	15 g	N/A	N/A
Saturated Fat	12 g	54.55%	70.59%
Fat	30 g	107.14%	120%
Cholesterol	100 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	30 mg	2307.69%	2307.69%
Vitamin B12	70 mcg	2916.67%	2916.67%
Vitamin E	8 mg	53.33%	53.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	4 mg	0.4%	0.4%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	25 mg	312.5%	138.89%
Potassium	600 mg	17.65%	23.08%
Zinc	40 mg	363.64%	500%
Selenium	60 mcg	109.09%	109.09%

Recipe Attributes

Cuisines

Middle Eastern

Kitchen Tools

Slow Cooker

Blender

Course

Drinks

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

Meal Type

Lunch

Dinner

Snack

Supper

Difficulty Level

Easy

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