



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

Strip Steak

A delicious strip steak recipe without the secret sauce. Perfect for meat lovers.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 15 mins

Total Time: 25 mins

Recipe Yield: 226 grams

Number of Servings: 2

Serving Size: 113 g

Ingredients

8 oz strip steak

Directions

Step 1

Grilling

Preheat the grill to medium-high heat.

Prep Time: 5 mins

Cook Time: 10 mins

Step 2

Season the steak with salt and pepper on both sides.

Prep Time: 2 mins

Cook Time: 5 mins

Step 3

Grilling

Grill the steak for about 4-5 minutes per side for medium-rare.

Prep Time: 0 mins

Cook Time: 10 mins

Step 4

Resting

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

Prep Time: 0 mins

Cook Time: 5 mins

Step 5

Cutting

Slice the steak against the grain and serve.

Prep Time: 2 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 560 kcal

Fat: 41 g

Protein: 48 g

Carbohydrates: 0 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	48 g	282.35%	282.35%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	0 g	0%	0%
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	19 g	N/A	N/A
Saturated Fat	8 g	36.36%	47.06%
Fat	41 g	146.43%	164%
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	170 mcg	7083.33%	7083.33%
Vitamin E	6 mg	40%	40%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	110 mg	4.78%	4.78%
Calcium	2 mg	0.2%	0.2%
Iron	25 mg	312.5%	138.89%
Potassium	680 mg	20%	26.15%
Zinc	60 mg	545.45%	750%
Selenium	65 mcg	118.18%	118.18%

Recipe Attributes

Cuisines

American

Italian

Kitchen Tools

Slow Cooker

Blender

Microwave

Nutritional Content

Low Calorie

Diet

Anti-Inflammatory Diet

Mediterranean Diet

Vegetarian Diet

Vegan Diet

Pescatarian Diet

Ovo-Vegetarian Diet

Events

Picnic

Course

Main Dishes

Side Dishes

Salads

Sauces & Dressings

Demographics

Pregnancy Safe

Lactation Friendly

Heart Healthy

Meal Type

Lunch

Dinner

Snack

Supper

Difficulty Level

Medium

Visit our website: healthdor.com