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Top Sirloin with Sauce and A la Carte Salad ♦♦

A delicious and hearty recipe featuring top sirloin steak served with a flavorful sauce and a refreshing a la carte salad. Perfect for a satisfying and nutritious meal.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 20 mins

Total Time: 35 mins

Recipe Yield: 300 grams

Number of Servings: 2

Serving Size: 150 g

Ingredients

10 oz top sirloin

0.5 cup sauce

1
portion a la carte salad

Directions

Step 1

Grilling

Preheat the grill to medium-high heat.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Grilling

Season the top sirloin steak with salt and pepper.

Prep Time: 5 mins

Cook Time: 10 mins

Step 3

Grilling

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

Prep Time: 0 mins

Cook Time: 8 mins

Step 4

Resting

Let the steak rest for 5 minutes before slicing.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Heating

In a small saucepan, heat the sauce over medium heat until heated through.

Prep Time: 2 mins

Cook Time: 5 mins

Step 6

Preparation

Prepare the a la carte salad by combining fresh greens, tomatoes, cucumbers, and any other desired vegetables.

Prep Time: 3 mins

Cook Time: 0 mins

Step 7

Serving

Slice the rested top sirloin steak and serve with the sauce and a la carte salad.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 400 kcal

Fat: 20 g

Protein: 40 g

Carbohydrates: 10 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	10 g	18.18%	20%
Fibers	3 g	7.89%	12%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sugars	5 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	20 g	71.43%	80%
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	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	500 mg	21.74%	21.74%
Calcium	10 mg	1%	1%
Iron	25 mg	312.5%	138.89%
Potassium	800 mg	23.53%	30.77%
Zinc	30 mg	272.73%	375%
Selenium	70 mcg	127.27%	127.27%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Nutritional Content

Low Calorie

Cuisines

Italian

Diet

Anti-Inflammatory Diet

Course

Drinks

Salads

Snacks

Sauces & Dressings

Cooking Method

Steaming

Simmering

Cutting

Healthy For

Gastroesophageal reflux disease (GERD)

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

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