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Steak-out 2 oz Strawberry Topping

This recipe features a delicious steak topped with a sweet and tangy strawberry topping. It's a perfect combination of flavors that will impress your guests.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 10 mins

Total Time: 25 mins

Recipe Yield: 200 grams

Number of Servings: 2

Serving Size: 100 g

Ingredients

16 oz steak

2 oz strawberry topping

Directions

Step 1

Grilling

Preheat the grill to medium-high heat.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Season the steak with salt and pepper.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Grilling

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

Prep Time: 0 mins

Cook Time: 10 mins

Step 4

Resting

Let the steak rest for 5 minutes before slicing.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Serving

Slice the steak and serve with the strawberry topping.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 300 kcal

Fat: 15 g

Protein: 30 g

Carbohydrates: 5 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Protein	30 g	176.47%	176.47%
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Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	5 g	9.09%	10%
Fibers	2 g	5.26%	8%
Sugars	3 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	4 g	18.18%	23.53%
Fat	15 g	53.57%	60%
Cholesterol	80 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%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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	400 mg	17.39%	17.39%
Calcium	2 mg	0.2%	0.2%
Iron	15 mg	187.5%	83.33%
Potassium	600 mg	17.65%	23.08%
Zinc	25 mg	227.27%	312.5%
Selenium	40 mcg	72.73%	72.73%

Recipe Attributes

Events

Picnic

Kitchen Tools

Slow Cooker

Blender

Cuisines

Italian

Course

Salads

Appetizers

Main Dishes

Side Dishes

Sauces & Dressings

Cooking Method

Steaming

Cutting

Serving

Cooking

None

Stir-frying

Mashing

Preheating

Sprinkling

Heating

Refrigerating

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Easy

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