



healthi 

Restaurant Guide to

Outback Steakhouse

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OVERVIEW

Get ready to be excited, because Outback Steakhouse might be utopia for anyone on a weight loss journey! Matter of fact, it's one of the best places to eat if you are wanting to maximize proteins and minimize carbs and sugar. Their menu is rich in steak, burgers, fish and even king crab and lobster tail. YUM!. You'll be singing Outback praises all night long.

THIS PLACE IS KNOWN FOR



Good for Groups



Salads



Low Calorie



Bar & Cocktails



Pasta



Pizza



Fast Food



Mexican



Asia



Fish



Vegetables



Grill

3 QUICK TIPS FOR EATING HEALTHI AT OUTBACK STEAKHOUSE

- Go for anything grilled, since Outback doesn't add butter or oil to it.
- Choose light dressings like their light balsamic vinaigrette.
- Choose veggie sides

FRIENDLY MENU ITEM'S AT OUTBACK STEAKHOUSE

APPETIZERS

Stick with their salads, always ask for dressing on the side and stay away from creamy dressings. Oil and Vinegar are always great options. The Balsamic Vinegrette is a go-to for many. For those looking to manage carbs, you can order the salads without croutons. A very popular and low-calorie option is their Seared Peppered Ahi at 460 calories.

Soups are another great addition to any meal, especially the cup size. Their cup of baked potato soup is a fan favorite. The Creamy Onion as well as Cream of Broccoli are other delicious choices.

Appetizers	Calories	Fat (g)	Carbs (g)	Protein (g)
House Salad - no dressing	120	7g	8g	5g
Strawberry Salad - side salad with dressing	390	31g	21g	7g
Seared Peppered Ahi	460	28g	20g	31g

Appetizers	Calories	Fat (g)	Carbs (g)	Protein (g)
Baked Potato Soup, cup	300	19g	24g	8g
Creamy Onion Soup, cup	270	21g	13g	7g
Cream of Broccoli, cup	180	13g	11g	4g

MAIN COURSE

Outback Steakhouse is famous for their steaks, and in fact all of their protein options are fantastic. You'll want to avoid anything that's fried or breaded. If you're watching carbs, you'll want to stay away from sides like mashed potatoes and fries. You can easily substitute these for a salad or their steamed broccoli.

Outback Steakhouse is also very generous with their portions, so you may want to consider splitting larger portions in half (ask for a to-go box!) to avoid higher calories counts.

The Pork Porterhouse, Grilled Salmon and Grilled Chicken are all great choices with lots of protein. Try pairing them with seasonal veggies for a well balanced meal!

Salads are also a very good option at Outback Steakhouse. They are large, filling, tasty and can be quite healthi. Adding Ahi Tuna, Salmon or Grilled Chicken are healthy ways to expand the salad. You can add shrimp for a whopping 2 extra carbs! Try it out with the Aussie Cobb Salad!

Main Course	Calories	Fat (g)	Carbs (g)	Protein (g)
NY Strip - 12pz	810	62g	0g	63g
Outback Center Cut Sirloin - 6oz	370	20g	1g	46g
Victoria's Filet Mignon - 6oz	380	19g	1g	47g
Grilled Porkchop	400	12g	0g	48g
Perfectly Grilled Salmon	600	46g	1g	43g
Grilled Chicken on the Barbie	360	7g	1g	55g
Aussie Cobb Salad	400	27g	13g	25g

SIDES

There are a number of good sides at the Outback Steakhouse given their great selection of veggies. If you want to treat yourself, put through an order for the Five Grilled Shrimp :)

Sides	Calories	Fat (g)	Carbs (g)	Protein (g)
Fresh Broccoli	140	9g	4g	5g
Grilled Asparagus	60	2.5g	3g	3g
Five Grilled Shrimp	170	9g	3g	14g
Seasonal Veggies	140	9g	5g	3g
Homestyle Mashed Potatoes	240	15g	21g	5g