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Filet & Fried Shrimp

A delicious combination of filet mignon and fried shrimp. This dish is perfect for a special occasion or a fancy dinner at home. The filet mignon is cooked to perfection, tender and juicy, while the fried shrimp adds a crispy and flavorful element to the dish. Serve with your favorite sides and enjoy!

Recipe Type: Standard

Prep Time: 20 mins

Cook Time: 30 mins

Total Time: 50 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

400 g	Filet Mignon
200 g	Shrimp
1 tsp	salt
1 tsp	black pepper
1 tsp	garlic powder

1 tsp	paprika
100 g	flour
2 pieces	egg
100 g	bread crumbs
250 ml	vegetable oil

Directions

Step 1

Grilling

Season the filet mignon with salt, black pepper, and garlic powder.

Prep Time: 5 mins

Cook Time: 10 mins

Step 2

Grilling

Preheat a grill or grill pan to medium-high heat. Grill the filet mignon for about 4-6 minutes per side for medium-rare or until desired doneness. Remove from heat and let it rest for 5 minutes.

Prep Time: 5 mins

Cook Time: 10 mins

Step 3

In a shallow dish, combine flour, salt, black pepper, garlic powder, and paprika. In another shallow dish, beat the eggs. In a third shallow dish, place the bread crumbs.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Frying

Dip the shrimp in the flour mixture, then in the beaten eggs, and finally coat with bread crumbs.

Prep Time: 5 mins

Cook Time: 5 mins

Step 5

Frying

In a large skillet, heat vegetable oil over medium-high heat. Fry the shrimp until golden brown and crispy, about 2-3 minutes per side. Remove from heat and drain on paper towels.

Prep Time: 5 mins

Cook Time: 10 mins

Step 6

Serve the grilled filet mignon with the fried shrimp. Enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 450 kcal

Fat: 28 g

Protein: 35 g

Carbohydrates: 10 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	35 g	205.88%	205.88%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Carbohydrates	10 g	18.18%	20%
Fibers	1 g	2.63%	4%
Sugars	1 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	7 g	N/A	N/A
Saturated Fat	9 g	40.91%	52.94%
Fat	28 g	100%	112%
Cholesterol	200 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	2 mg	2.22%	2.67%
Vitamin B6	15 mg	1153.85%	1153.85%
Vitamin B12	50 mcg	2083.33%	2083.33%
Vitamin E	6 mg	40%	40%
Vitamin D	2 mcg	13.33%	13.33%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	600 mg	26.09%	26.09%
Calcium	4 mg	0.4%	0.4%
Iron	20 mg	250%	111.11%
Potassium	600 mg	17.65%	23.08%
Zinc	20 mg	181.82%	250%
Selenium	40 mcg	72.73%	72.73%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Nutritional Content

Low Calorie

Cuisines

Italian

Diet

Anti-Inflammatory Diet

Meal Type

Breakfast

Lunch

Dinner

Snack

Supper

Events

Picnic

Course

Main Dishes

Side Dishes

Desserts

Sauces & Dressings

Cooking Method

Steaming

Frying

Blanching

Difficulty Level

Medium

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