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## Flo's Filet · ·

Flo's Filet is a delicious steak recipe that is perfect for a special occasion or a fancy dinner. It is a tender and juicy 9 oz filet mignon cooked to perfection. The steak is seasoned with a blend of spices and then grilled to your desired doneness. Serve it with your favorite side dishes and enjoy a restaurant-quality meal at home.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** 10 mins

**Total Time:** 25 mins

**Recipe Yield:** 255 grams

**Number of Servings:** 2

**Serving Size:** 128 g

### Ingredients

<b>9 oz</b>	flo's filet 9 oz
<b>1 teaspoon</b>	Salt
<b>1 teaspoon</b>	Black pepper
<b>1 teaspoon</b>	Garlic powder

1 Olive oil  
tablespoon

## Directions

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### Step 1

Grilling

Preheat the grill to medium-high heat.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

Season the Flo's Filet with salt, black pepper, and garlic powder on both sides.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 3

Drizzle olive oil over the seasoned Flo's Filet.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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### Step 4

## Grilling

Place the Flo's Filet on the preheated grill and cook for 4-5 minutes per side for medium-rare, or until desired doneness is reached.

**Prep Time:** 0 mins

**Cook Time:** 10 mins

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## Step 5

### Resting

Remove the Flo's Filet from the grill and let it rest for 5 minutes before serving.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 6

### Serving

Serve the Flo's Filet with your favorite side dishes.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 540 kcal

**Fat:** 40 g

**Protein:** 45 g

**Carbohydrates:** 0 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	45 g	264.71%	264.71%

### 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)
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Monounsaturated Fat	14 g	N/A	N/A
Saturated Fat	10 g	45.45%	58.82%
Fat	40 g	142.86%	160%
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	25 mg	1923.08%	1923.08%
Vitamin B12	200 mcg	8333.33%	8333.33%
Vitamin E	0 mg	0%	0%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	2 mg	0.2%	0.2%
Iron	30 mg	375%	166.67%
Potassium	0 mg	0%	0%
Zinc	35 mg	318.18%	437.5%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	80 mcg	145.45%	145.45%

## Recipe Attributes

### Cuisines

Italian

### Kitchen Tools

Grill Slow Cooker

### Course

Breads Salads Snacks

### Cultural

Chinese New Year Ramadan Halloween

### Demographics

Kids Friendly Lactation Friendly Diabetic Friendly Heart Healthy

### Diet

Mediterranean Diet DASH Diet (Dietary Approaches to Stop Hypertension)

Flexitarian Diet Weight Watchers (WW) Diet

MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)

Volumetrics Diet Paleo Diet

### Meal Type

Lunch Dinner Snack

### Difficulty Level

Easy

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