

Surf and Turf

Yield: 4 min
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/valentines-day-shtimp-recipe>

Ingredients:

- 12 ounces filet mignon steaks
- 2 slices thick cut bacon
- salt
- pepper
- 8 7/8 shrimp raw, shell removed, deveined
- 3 tablespoons salted butter
- 2 cloves garlic minced
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/4 cup white wine
- 2 tablespoons Italian flat leaf parsley finely chopped

Nutrition:

1. Calories: 390 calories
2. Carbohydrate: 3 grams
3. Cholesterol: 110 milligrams
4. Fat: 31 grams
5. Fiber: 1 grams
6. Protein: 21 grams
7. SaturatedFat: 14 grams
8. Sodium: 730 milligrams

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