



Paula Deen Surf and Turf

READY IN



260 min.

SERVINGS



5

CALORIES



521 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 tablespoons butter
- ☐ 2 boston lettuce leaves
- ☐ 0.8 cup cup heavy whipping cream
- ☐ 6 ounce fillet mignon
- ☐ 1 teaspoon rosemary leaves fresh finely chopped
- ☐ 5 servings seasoned fries french
- ☐ 1 garlic clove minced
- ☐ 5 servings garlic powder
- ☐ 0.3 cup juice of lemon fresh

- ☐ 1 medium lobster tail
- ☐ 1 tablespoon olive oil
- ☐ 0.3 cup onion finely chopped
- ☐ 5 servings onion sliced
- ☐ 2 tablespoons parmesan freshly grated
- ☐ 0.3 cup freshly parsley leaves chopped
- ☐ 5 servings salt and pepper black freshly ground
- ☐ 5 servings hoagie rolls split toasted
- ☐ 5 servings tomatoes sliced

Equipment

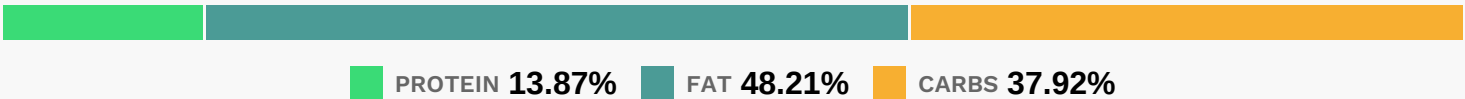
- ☐ frying pan
- ☐ oven
- ☐ broiler pan

Directions

- ☐ Season the filet with salt and pepper, to taste, and garlic powder on both sides.
- ☐ Combine the remaining ingredients in a zip-top bag.
- ☐ Add the meat to the bag and marinate in the refrigerator for 2 to 4 hours.
- ☐ Preheat oven to 400 degrees F.
- ☐ Transfer filet to a broiler pan and roast in the oven for 12 to 20 minutes, depending on desired doneness.
- ☐ Remove from oven and let rest before slicing.
- ☐ Remove the raw lobster meat from the shell and cut into chunks.
- ☐ In a large skillet over medium-high heat, melt butter and saute onions until softened.
- ☐ Add the lobster meat and cook until it just begins to turn pink. Then stir in lemon juice and cook until it has reduced by half. Then stir in the cream and cook and stir until cream thickens. Stir in the Parmesan, parsley and salt and pepper, to taste.
- ☐ Build your sandwich starting with some of the sliced filet mignon on the toasted roll. Spoon some of the lobster chunks on top of the steak. Load on the french fries. Top with a spoonful

of the lobster's Parmesan sauce. Pile on some lettuce, tomato and onion slices, if desired.

Nutrition Facts



Properties

Glycemic Index:81.07, Glycemic Load:26.48, Inflammation Score:-9, Nutrition Score:22.052173821822%

Flavonoids

Eriodictyol: 0.6mg, Eriodictyol: 0.6mg, Eriodictyol: 0.6mg, Eriodictyol: 0.6mg Hesperetin: 1.77mg, Hesperetin: 1.77mg, Hesperetin: 1.77mg, Hesperetin: 1.77mg Naringenin: 1.4mg, Naringenin: 1.4mg, Naringenin: 1.4mg, Naringenin: 1.4mg Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 3.16mg, Isorhamnetin: 3.16mg, Isorhamnetin: 3.16mg, Isorhamnetin: 3.16mg Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg Myricetin: 0.71mg, Myricetin: 0.71mg, Myricetin: 0.71mg, Myricetin: 0.71mg Quercetin: 14.06mg, Quercetin: 14.06mg, Quercetin: 14.06mg, Quercetin: 14.06mg

Nutrients (% of daily need)

Calories: 521kcal (26.05%), Fat: 28.48g (43.81%), Saturated Fat: 14.89g (93.08%), Carbohydrates: 50.4g (16.8%), Net Carbohydrates: 45.55g (16.56%), Sugar: 13.27g (14.74%), Cholesterol: 96.48mg (32.16%), Sodium: 498.63mg (21.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.43g (36.87%), Vitamin K: 73.68µg (70.17%), Iron: 11.97mg (66.53%), Vitamin A: 2788.43IU (55.77%), Vitamin C: 39.1mg (47.39%), Selenium: 22.12µg (31.6%), Potassium: 810.29mg (23.15%), Phosphorus: 207.15mg (20.72%), Vitamin B6: 0.4mg (20.16%), Fiber: 4.85g (19.41%), Manganese: 0.37mg (18.55%), Copper: 0.34mg (17.12%), Vitamin E: 2.38mg (15.88%), Folate: 57.59µg (14.4%), Magnesium: 51.24mg (12.81%), Calcium: 115.94mg (11.59%), Vitamin B3: 2.2mg (11.01%), Vitamin B1: 0.16mg (10.43%), Vitamin B2: 0.17mg (9.8%), Vitamin B12: 0.57µg (9.47%), Zinc: 1.32mg (8.77%), Vitamin B5: 0.66mg (6.55%), Vitamin D: 0.89µg (5.92%)