



Tanner's Best Bacon Walleye

 **Gluten Free**

READY IN



35 min.

SERVINGS



4

CALORIES



295 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 0.3 cup butter melted
- ☐ 16 slices bacon divided cooked
- ☐ 2 tablespoons honey
- ☐ 1 onion divided halved thinly sliced
- ☐ 0.5 teaspoon salt
- ☐ 4 fillet walleye
- ☐ 4 fillet walleye

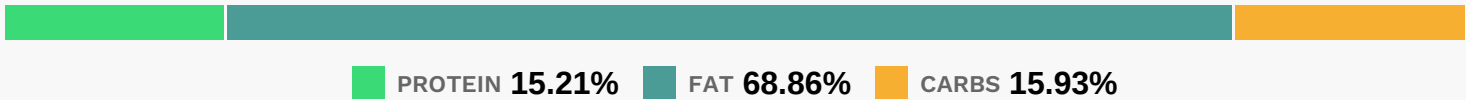
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C). Line a 9x13-inch baking dish with foil.
- ☐ Place four pieces of bacon in the baking dish and top with walleye fillets. Arrange about 1/4 of the onion slices over the fish.
- ☐ Drizzle with melted butter and honey; sprinkle with salt and pepper. Cover the pan with foil and bake in the preheated oven for until the fish flakes easily with a fork, 12 to 15 minutes.
- ☐ While the fish is baking, chop up the remaining bacon slices and place them in a skillet with the rest of the onion. Cook and stir over medium heat until the onion has softened and turned translucent, about 5 minutes. Reduce heat to medium-low and continue cooking and stirring until the onion is very tender and golden brown and the bacon is crisp, about 15 minutes more.
- ☐ Serve each walleye fillet with bacon and onions.

Nutrition Facts



Properties

Glycemic Index:40.32, Glycemic Load:5.1, Inflammation Score:-4, Nutrition Score:6.0065216966297%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

Nutrients (% of daily need)

Calories: 294.72kcal (14.74%), Fat: 22.77g (35.03%), Saturated Fat: 11.15g (69.66%), Carbohydrates: 11.85g (3.95%), Net Carbohydrates: 11.33g (4.12%), Sugar: 9.8g (10.88%), Cholesterol: 62.18mg (20.73%), Sodium: 921.06mg (40.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.32g (22.63%), Selenium: 16.59µg (23.71%), Vitamin B3: 3.41mg (17.06%), Phosphorus: 136.16mg (13.62%), Vitamin B1: 0.19mg (12.85%), Vitamin B6: 0.21mg (10.38%), Vitamin A: 367.62IU (7.35%), Zinc: 1.06mg (7.09%), Vitamin B12: 0.37µg (6.22%), Potassium: 210.42mg (6.01%), Vitamin B2: 0.09mg (5.34%), Vitamin B5: 0.42mg (4.16%), Manganese: 0.07mg (3.38%), Magnesium: 13.39mg (3.35%), Vitamin E: 0.47mg (3.14%), Vitamin C: 2.09mg (2.53%), Copper: 0.05mg (2.5%), Iron: 0.42mg (2.35%), Fiber: 0.52g (2.08%), Folate: 5.88µg (1.47%), Calcium: 14.61mg (1.46%), Vitamin K: 1.31µg (1.25%)