



Texas Fried Sea Bass with a Raspberry Honey Soy Glaze

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



1031 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 strips par bacon cooked
- 1 teaspoon blackening seasoning
- 3 cups canola oil
- 2 eggs
- 1.5 cups flour all-purpose
- 1 cup honey
- 1 jalapeño seeded sliced into thin rings

- 8 ounces lager light (recommended: Amstel)
- 2 teaspoons orange liqueur (recommended: Cointreau)
- 1 orange zest thin
- 0.5 cup raspberries fresh
- 16 ounce sea bass fillets
- 1 cup soya sauce
- 0.3 cup sugar

Equipment

- bowl
- frying pan
- pot

Directions

- In a large high-sided saute pan, heat canola oil to 375 degrees F.
- Place 2 jalapenos rings on top of each fish fillets. Then wrap each fillet with 1 bacon slice, covering jalapeno rings. Dip into batter and drop into the hot oil. Fry until nice they have a golden brown color, approximately 5 minutes.
- Place onto either a serving platter or plate and drizzle glaze over fried fish.
- Drizzle 1/2 teaspoon orange liqueur over each fish and garnish with orange zest.
- This recipe was provided by a finalist, who may or may not be a professional cook, for The Next Food Network Star. Food Network has not tested this recipe and therefore, we cannot make representation as to the results.
- In a medium bowl combine all the ingredients.
- Let it sit for 5 minutes. Consistency should be like pancake batter. If too thick add more beer.
- In a small pot over medium heat, add all ingredients, except sugar, and let simmer for 20 minutes.
- Add sugar and let simmer for another 5 minutes.

Nutrition Facts



■ PROTEIN 14.43% ■ FAT 36.39% ■ CARBS 49.18%

Properties

Glycemic Index:77.72, Glycemic Load:72.5, Inflammation Score:-8, Nutrition Score:28.961304249971%

Flavonoids

Cyanidin: 6.87mg, Cyanidin: 6.87mg, Cyanidin: 6.87mg, Cyanidin: 6.87mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 1030.92kcal (51.55%), Fat: 41.82g (64.34%), Saturated Fat: 4.78g (29.91%), Carbohydrates: 127.16g (42.39%), Net Carbohydrates: 123.87g (45.04%), Sugar: 84.86g (94.29%), Cholesterol: 180.48mg (60.16%), Sodium: 3624.23mg (157.58%), Alcohol: 2.86g (100%), Alcohol %: 0.61% (100%), Protein: 37.3g (74.6%), Selenium: 69.73µg (99.61%), Vitamin B12: 4.63µg (77.1%), Vitamin B3: 8.86mg (44.28%), Phosphorus: 442.52mg (44.25%), Vitamin E: 6.44mg (42.91%), Manganese: 0.81mg (40.56%), Vitamin B1: 0.58mg (38.79%), Folate: 126.86µg (31.71%), Vitamin B6: 0.63mg (31.58%), Vitamin B2: 0.53mg (31.34%), Iron: 5.48mg (30.45%), Vitamin K: 25.98µg (24.74%), Magnesium: 93.65mg (23.41%), Vitamin B5: 1.86mg (18.56%), Potassium: 631.76mg (18.05%), Vitamin C: 12.58mg (15.25%), Fiber: 3.29g (13.16%), Copper: 0.26mg (12.91%), Zinc: 1.83mg (12.19%), Calcium: 65.34mg (6.53%), Vitamin A: 279.1IU (5.58%), Vitamin D: 0.47µg (3.15%)