

DINNER

Southern Fried Flounder with Basil-Caper Tartar Sauce

4 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	6	\$1.99	413 kcal

Southern Fried Flounder with Basil-Caper Tartar Sauce takes roughly 45 minutes from beginning to end. This main course has 413 calories, 24g of protein, and 19g of fat per serving. This dairy free and pescatarian recipe serves 6 and costs \$1.99 per serving. 1 person has made this recipe and would ma...

Ingredients

- ☐ 1 teaspoon freshly ground black pepper
- ☐ 1 cup all-purpose flour
- ☐ ½ teaspoon ground red pepper
- ☐ ½ teaspoon paprika
- ☐ 1 teaspoon salt
- ☐ 1 cup yellow cornmeal
- ☐ 2 pounds flounder fillets
- ☐ ½ teaspoon garlic powder
- ☐ 2 tablespoons fresh lemon juice
- ☐ 6 servings Peanut oil
- ☐ 6 servings Basil-Caper Tartar Sauce

EQUIPMENT Frying pan, Paper towels

Method

- 1 Rinse fillets under running water; pat dry, and sprinkle evenly with lemon juice.
- 2 Combine flour and next 6 ingredients in a shallow dish.

- 3 Pour oil to depth of 1 inch into a deep skillet; heat to 37
- 4 Dredge fish in flour mixture, shaking off excess. Fry, in batches, in hot oil 2 to 3 minutes on each side or until browned.
- 5 Drain on paper towels.
- 6 Serve with Basil-Caper Tartar Sauce.

Nutrition per serving

413	24 g	19 g	36 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			3.4 g · 21% of daily needs
Fibre			3.3 g · 13% of daily needs
Sugar			0.7 g · 1% of daily needs
Sodium			519 mg · 23% of daily needs
Cholesterol			68.1 mg · 23% of daily needs
Vitamin C			2.1 mg · 3% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/southern-fried-flounder-with-basil-caper-tartar-sauce-147798