

Allepy Fish Curry - Keralan fishermen's curry, cod loin simmered in a curry leaf temepred coconut milk sauce soured with unripe mango

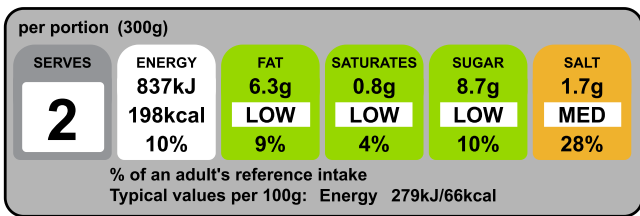
Serving Size

Serving size	300g
Pack Size	
Pack size	600.0g
Number of servings	2

Nutrients

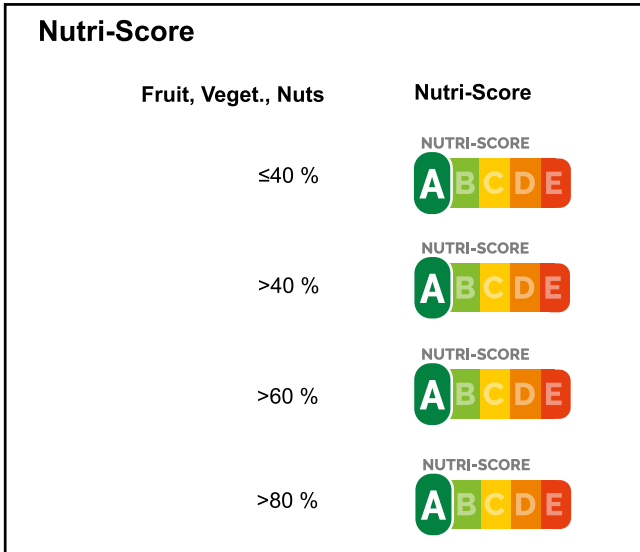
	per 100g	per 300 g serving
Energy	279.0kJ	836.9kJ
Energy	65.9kcal	197.8kcal
Fat	2.1g	6.3g
of which saturates	0.3g	0.8g
Fatty Acids	1.0g	3.1g
Monounsaturated		
Fatty Acids	0.5g	1.6g
Polyunsaturated		
Trans Fatty Acids	trace	trace
Carbohydrate	3.7g	11.0g
of which sugars	2.9g	8.7g
Added Sugar	0.0g	0.0g
Fibre	0.6g	1.8g
Protein	8.6g	25.9g
Salt	0.6g	1.7g
Sodium	218.0mg	653.9mg
Vitamin A IU	39.9IU	119.7IU
Vitamin A RAE	12.0µg	35.9µg
Carotene	66.0µg	198.0µg
Alpha Carotene	trace	trace
Beta Carotene	25.9µg	77.8µg
Retinol	1.1µg	3.2µg
Beta Cryptoxanthin	0.0µg	0.0µg
Thiamin	0.1mg	0.2mg
Riboflavin	0.1mg	0.2mg
Niacin	2.5mg	7.5mg
Pantothenic Acid	0.1mg	0.4mg
Vitamin B6	0.1mg	0.3mg
Folic Acid	0.0µg	0.0µg
Dietary Folate	0.0µg	0.0µg
Equivalents		
Food Folate	0.0µg	0.0µg
Folate	6.2µg	18.5µg
Vitamin B12	0.7µg	2.0µg
Vitamin C	5.9mg	17.7mg
Vitamin D IU	trace	trace
Vitamin D MCG	trace	trace
Vitamin E	0.8mg	2.4mg
Biotin	0.8µg	2.3µg
Vitamin K	2.3µg	6.9µg
Calcium	28.5mg	85.4mg
Chloride	353.2mg	1059.5mg
Choline	0.0µg	0.0µg
Copper	0.1mg	0.2mg
Iodine	90.3µg	271.0µg
Iron	0.5mg	1.6mg
Magnesium	28.2mg	84.5mg
Manganese	0.1mg	0.2mg
Nitrogen	1.4g	4.2g
Phosphorus	99.8mg	299.5mg
Potassium	310.9mg	932.8mg
Selenium	10.5µg	31.6µg
Tryptophan/60	1.3mg	4.0mg
Zinc	0.3mg	0.8mg
Ash	0.0g	0.0g
Cholesterol	23.7mg	71.1mg
Lutein Zeaxanthin	14.6µg	43.8µg
Lycopene	121.0µg	362.9µg
Starch	0.5g	1.4g
Water	82.8g	248.3g

Graphics



Typical values	per 100g	per 300g serving
Energy	279kJ 66kcal	837kJ 198kcal
Fat	2.1g	6.3g
of which saturates	0.3g	0.8g
Carbohydrate	3.7g	11g
of which sugars	2.9g	8.7g
Protein	8.6g	26g
Salt	0.55g	1.7g

Nutrition Facts	Amount / serving		Amount / serving					
		% DV		% DV				
2 servings per container	Total fat	6g	8%	Total Carbohydrate	13g	5%		
Serving size 11oz (300g)	Saturated Fat	1g	4%	Dietary Fiber	2g	6%		
Calories 200 per serving	Trans Fat	0g		Total Sugars	9g			
	Cholesterol	70mg	24%	Incl. 0g Added Sugars	0%			
	Sodium	650mg	28%	Protein	26g			
	Vitamin D	0%	*Calcium	6%	*Iron	8%	*Potassium	20%



Ingredients and Allergens

Cod (**Fish**), Coconut Milk, Onion, Tomatoes, Mango, Garlic, Rapeseed Oil, Ginger, Lemon Juice, Salt, Green Chilli, Curry Leaves, **mustard** Seeds, Ground Coriander, Turmeric, Ground Cumin, Cumin Seeds, Chilli Powder, Garam Masala.
Allergen advice. For allergens, including cereals containing gluten, see ingredients in **bold**.

35%	105g	Cod, flesh only, steamed
33.3%	100g	Coconut milk
13.3%	40g	Onions, raw
8.34%	25g	Tomatoes, canned, whole contents
3.33%	10g	Mango, unripe, green flesh, raw
1.67%	5g	Garlic, raw
1.52%	4.56g	Oil, rapeseed
1.25%	3.75g	Ginger, fresh
0.417%	1.25g	Lemon juice, fresh
0.333%	1g	Salt
0.333%	1g	Peppers, capsicum, chilli, green, raw
0.25%	0.75g	Curry leaves, fresh
0.167%	0.5g	Mustard seeds
0.167%	0.5g	Ground Coriander
0.15%	0.45g	Turmeric, ground
0.125%	0.375g	Ground Cumin
0.083%	0.25g	Cumin seeds
0.083%	0.25g	Chilli powder
0.083%	0.25g	Garam masala