

Nellore Chappa - Andhra style Salmon simmered in a fenugreek and tamarind coconut milk sauce spiced with dried chilli

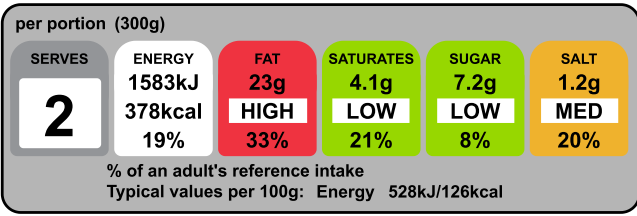
Serving Size

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

Nutrients

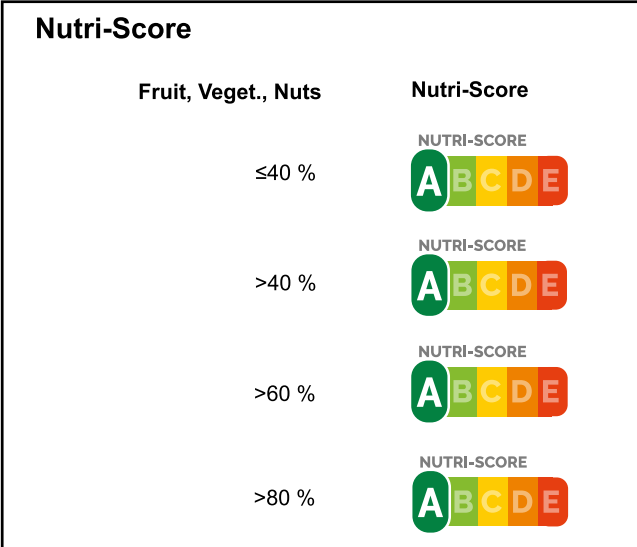
	per 100g	per 300 g serving
Energy	527.7kJ	1583.2kJ
Energy	126.1kcal	378.3kcal
Fat	7.7g	23.0g
of which saturates	1.4g	4.1g
Fatty Acids	3.2g	9.5g
Monounsaturated		
Fatty Acids	2.0g	6.1g
Polyunsaturated		
Trans Fatty Acids	trace	trace
Carbohydrate	2.9g	8.7g
of which sugars	2.4g	7.2g
Added Sugar	0.0g	0.0g
Fibre	0.5g	1.5g
Protein	12.0g	36.0g
Salt	0.4g	1.2g
Sodium	156.0mg	468.1mg
Vitamin A IU	110.5IU	331.5IU
Vitamin A RAE	16.0µg	48.0µg
Carotene	29.8µg	89.5µg
Alpha Carotene	8.3µg	24.8µg
Beta Carotene	37.7µg	113.0µg
Retinol	7.7µg	23.0µg
Beta Cryptoxanthin	0.0µg	0.0µg
Thiamin	0.2mg	0.5mg
Riboflavin	0.1mg	0.2mg
Niacin	6.0mg	18.1mg
Pantothenic Acid	0.7mg	2.1mg
Vitamin B6	0.1mg	0.3mg
Folic Acid	0.0µg	0.0µg
Dietary Folate	1.2µg	3.7µg
Equivalent		
Food Folate	1.2µg	3.7µg
Folate	6.7µg	20.1µg
Vitamin B12	1.1µg	3.4µg
Vitamin C	2.8mg	8.3mg
Vitamin D IU	131.6IU	394.8IU
Vitamin D MCG	3.3µg	9.9µg
Vitamin E	1.9mg	5.8mg
Biotin	1.5µg	4.4µg
Vitamin K	1.6µg	4.9µg
Calcium	28.6mg	85.7mg
Chloride	252.4mg	757.1mg
Choline	0.5µg	1.6µg
Copper	0.1mg	0.2mg
Iodine	6.7µg	20.1µg
Iron	0.8mg	2.5mg
Magnesium	29.1mg	87.3mg
Manganese	0.1mg	0.3mg
Nitrogen	1.9g	5.7g
Phosphorus	140.5mg	421.5mg
Potassium	335.2mg	1005.5mg
Selenium	9.0µg	27.1µg
Tryptophan/60	2.0mg	6.0mg
Zinc	0.4mg	1.2mg
Ash	0.1g	0.2g
Cholesterol	30.3mg	90.9mg
Lutein Zeaxanthin	10.1µg	30.2µg
Lycopene	210.8µg	632.5µg
Starch	0.2g	0.5g
Water	74.8g	224.5g

Graphics



Typical values	per 100g	per 300g serving
Energy	528kJ	1583kJ
	126kcal	378kcal
Fat	7.7g	23g
of which saturates	1.4g	4.1g
Carbohydrate	2.9g	8.7g
of which sugars	2.4g	7.2g
Protein	12g	36g
Salt	0.40g	1.2g

Nutrition Facts	Amount / serving		% DV	Amount / serving		% DV
	2 servings per container	Total fat	23g	30%	Total Carbohydrate	10g
Serving size 11oz (300g)	Saturated Fat	4g	21%	Dietary Fiber	2g	5%
Calories 380	Trans Fat	0g		Total Sugars	7g	
	Cholesterol	90mg	30%	Incl. 0g Added Sugars	0%	
per serving	Sodium	470mg	20%	Protein	36g	
	Vitamin D	50%	•Calcium	6%	•Iron	15%
						•Potassium 20%



Ingredients and Allergens

Salmon (**Fish**), Coconut Milk, Onion, Tomatoes, Garlic, Rapeseed Oil, Green Chilli, Salt, Anise Seed, **mustard** Seeds, Fennel Seeds, Ground Coriander, Curry Leaves, Turmeric, Ground Cumin, Cumin Seeds, Fenugreek Seeds, Chilli Powder, Garam Masala, Cardamon, Black Pepper, Cinnamon, Ginger. Allergen advice. For allergens, including cereals containing gluten, see ingredients in **bold**.

45.1%	135.2g	Salmon, farmed, flesh only, baked
29.5%	88.5g	Coconut milk
13.1%	39.3g	Onions, raw
8.19%	24.6g	Tomatoes, red, ripe, raw, year round average
1.23%	3.69g	Garlic, raw
0.746%	2.24g	Oil, rapeseed
0.328%	0.983g	Peppers, capsicum, chilli, green, raw
0.246%	0.737g	Salt
0.164%	0.492g	Spices, anise seed
0.164%	0.492g	Mustard seeds
0.164%	0.492g	Fennel seeds
0.164%	0.492g	Ground Coriander
0.164%	0.492g	Curry leaves, fresh
0.147%	0.442g	Turmeric, ground
0.123%	0.369g	Ground Cumin
0.082%	0.246g	Cumin seeds
0.082%	0.246g	Fenugreek seeds
0.082%	0.246g	Chilli powder
0.082%	0.246g	Garam masala
0.082%	0.246g	Cardamon, ground
0.041%	0.123g	Cardamon, ground
0.025%	0.074g	Pepper, black
0.016%	0.049g	Cinnamon, ground
0.001%	0.004g	Ginger, fresh