

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

Serving Size

Serving size 225g

Container Size

Container size 450.0g

Number of servings 2

Graphics

Amount / serving	% Daily Value*	Amount / serving	% Daily Value*
Total Fat 4.5g	6%	Total Carbohydrate 10g	3%
Saturated Fat 0.5g	3%	Dietary Fiber 1g	5%
Trans Fat 0g		Total Sugars 6g	
Cholesterol 55mg	10%	Includes 0g Added Sugars	0%
Sodium 490mg	21%	Protein 19g	

Nutrition Facts
2 servings per container
Serving size 8 oz (225g)
Calories per serving 150

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Vitamin D 0mcg 0% • Calcium 60mg 4% • Iron 1.2mg 6% • Potassium 700mg 15%
Vitamin A 90mcg 10% • Vitamin C 13mg 15% • Vitamin E 1.8mg 10% • Vitamin K 5mcg 4%
Thiamin 0.15mg 15% • Riboflavin 0.15mg 10% • Niacin 5.0mg 35% • Vitamin B₆ 0.24mg 15%
Folate 0mcg DFE 0mcg 0% • Vitamin B₁₂ 1.5mcg 60% • Biotin 1.7mcg 6% • Pantothenate 0.3mg 6%
Phosphorus 220mg 16% • Iodine 800mcg 180% • Iron 1.2mg 6% • Magnesium 65mg 16%
Zinc 0.6mg 6% • Selenium 24mcg 43% • Copper 0.13mg 14% • Manganese 0.14mg 6%
Chloride 780mg 36% • Choline 0mcg 0%

Nutrients

	per 100g	per 225 g serving
Energy	279.0kJ	627.7kJ
Calories	65.9kcal	148.3kcal
Protein	8.6g	19.4g
Carbohydrate	3.7g	8.2g
Sugars	2.9g	6.5g
Starch	0.5g	1.0g
Added Sugar	0.0g	0.0g
Total Fat	2.1g	4.7g
Saturated Fat	0.3g	0.6g
Monounsaturated Fats	1.0g	2.4g
Polyunsaturated Fats	0.5g	1.2g
Trans Fat	trace	trace
Dietary Fiber	0.6g	1.3g
Sodium	218.0mg	490.4mg
Salt	0.6g	1.2g
Cholesterol	23.7mg	53.3mg
Vitamin A	39.9IU	89.8IU
Vitamin A RAE	12.0µg	26.9µg
Carotene	66.0µg	148.5µg
Alpha Carotene	trace	trace
Beta Carotene	25.9µg	58.3µg
Retinol	1.1µg	2.4µg
Beta Cryptoxanthin	0.0µg	0.0µg
Thiamin	0.1mg	0.2mg
Riboflavin	0.1mg	0.2mg
Niacin	2.5mg	5.6mg
Pantothenic Acid	0.1mg	0.3mg
Vitamin B6	0.1mg	0.2mg
Folic Acid	0.0µg	0.0µg
Dietary Folate	0.0µg	0.0µg
Equivalent		
Food Folate	0.0µg	0.0µg
Folate	6.2µg	13.9µg
Vitamin B12	0.7µg	1.5µg
Vitamin C	5.9mg	13.3mg
Vitamin D	trace	trace
Vitamin D MCG	trace	trace
Vitamin E	0.8mg	1.8mg
Biotin	0.8µg	1.7µg
Vitamin K	2.3µg	5.2µg
Calcium	28.5mg	64.1mg
Chloride	353.2mg	794.6mg
Choline	0.0µg	0.0µg
Copper	0.1mg	0.1mg
Iodine	90.3µg	203.3µg
Iron	0.5mg	1.2mg
Magnesium	28.2mg	63.4mg
Manganese	0.1mg	0.1mg
Nitrogen	1.4g	3.1g
Phosphorus	99.8mg	224.6mg
Potassium	310.9mg	699.6mg

Ingredients and Allergens

Cod (**Fish**), Coconut Milk, Onion, Tomatoes, Mango, Garlic, Rapeseed Oil, Ginger, Lemon Juice, Salt, Green Chilli, Curry Leaves, Mustard Seeds (**Mustard**), Ground Coriander, Turmeric, Ground Cumin, Cumin Seeds, Chilli Powder, Garam Masala.

Allergen advice. For allergens, including cereals containing gluten, see ingredients in **bold**.

35%	78.8g	Cod, flesh only, steamed
33.3%	75g	Coconut milk
13.3%	30g	Onions, raw
8.34%	18.8g	Tomatoes, canned, whole contents
3.33%	7.5g	Mango, unripe, green flesh, raw
1.67%	3.75g	Garlic, raw
1.52%	3.42g	Oil, rapeseed
1.25%	2.81g	Ginger, fresh
0.417	0.938	Lemon juice, fresh
%	g	
0.333	0.75g	Salt
%		
0.333	0.75g	Peppers, capsicum, chilli, green, raw
%		
0.25%	0.563	Curry leaves, fresh
	g	
0.167	0.375	Mustard seeds
%	g	
0.167	0.375	Ground Coriander
%	g	
0.15%	0.338	Turmeric, ground
	g	

0.125%	0.281g	Ground Cumin	Selenium	10.5µg	23.7µg
0.083%	0.188g	Cumin seeds	Tryptophan/60	1.3mg	3.0mg
			Zinc	0.3mg	0.6mg
0.083%	0.188g	Chilli powder	Ash	0.0g	0.0g
			Lutein Zeaxanthin	14.6µg	32.8µg
0.083%	0.188g	Garam masala	Lycopene	121.0µg	272.2µg
			Water	82.8g	186.2g
			Ethanol	0.0g	0.0g

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