

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

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 17g	22%	Total Carbohydrate 11g	4%
Saturated Fat 3.0g	15%	Dietary Fiber 1g	5%
Trans Fat 0g		Total Sugars 8g	
Cholesterol 65mg	22%	Includes 0g Added Sugars	0%
Sodium 330mg	14%	Protein 27g	

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

Nutrition Facts
2 servings per container
Serving size 8 oz (225g)
Calories per serving **290**

Vitamin D 7.3mcg 35% • Calcium 60mg 4% • Iron 1.8mg 10% • Potassium 730mg 15%
Vitamin A 400mcg 45% • Vitamin C 8mg 8% • Vitamin E 4.4mg 30% • Vitamin K 5mcg 4%
Thiamin 0.55mg 30% • Riboflavin 0.15mg 10% • Niacin 13.5mg 30% • Vitamin B6 0.25mg 15%
Folate 5mcg DFE 5mcg 1% • Vitamin B12 2.51mcg 100% • Biotin 3.3mcg 11% • Pantothenate 1.8mg 31%
Phosphorus 310mg 25% • Iodine 15mcg 10% • Iron 1.8mg 10% • Magnesium 60mg 14%
Zinc 0.8mg 8% • Selenium 20mcg 37% • Copper 0.13mg 14% • Manganese 0.24mg 10%
Chloride 550mg 22% • Choline 6mg 8%

Nutrients

	per 100g	per 225 g serving
Energy	545.9kJ	1228.2kJ
Calories	130.4kcal	293.4kcal
Protein	11.9g	26.8g
Carbohydrate	4.1g	9.3g
Sugars	3.7g	8.2g
Starch	0.2g	0.4g
Added Sugar	0.0g	0.0g
Total Fat	7.5g	17.0g
Saturated Fat	1.3g	3.0g
Monounsaturated	3.1g	7.0g
Fats		
Polyunsaturated Fats	2.0g	4.5g
Trans Fat	trace	trace
Dietary Fiber	0.6g	1.3g
Sodium	144.8mg	325.9mg
Salt	0.37g	0.83g
Cholesterol	30.0mg	67.4mg
Vitamin A	179.7IU	404.3IU
Vitamin A RAE	20.2µg	45.4µg
Carotene	35.5µg	79.9µg
Alpha Carotene	16.4µg	36.8µg
Beta Carotene	73.1µg	164.5µg
Retinol	7.6µg	17.1µg
Beta Cryptoxanthin	0.0µg	0.0µg
Thiamin	0.2mg	0.3mg
Riboflavin	0.1mg	0.1mg
Niacin	6.0mg	13.5mg
Pantothenic Acid	0.7mg	1.6mg
Vitamin B6	0.1mg	0.2mg
Folic Acid	0.0µg	0.0µg
Dietary Folate	2.4µg	5.5µg
Equivalent		
Food Folate	2.4µg	5.5µg
Folate	7.7µg	17.4µg
Vitamin B12	1.1µg	2.5µg
Vitamin C	3.4mg	7.6mg
Vitamin D	130.2IU	293.0IU
Vitamin D MCG	3.3µg	7.3µg
Vitamin E	1.9mg	4.4mg
Biotin	1.5µg	3.3µg
Vitamin K	2.2µg	5.1µg
Calcium	28.1mg	63.3mg
Chloride	233.8mg	526.0mg
Choline	1.1µg	2.4µg
Copper	0.1mg	0.1mg
Iodine	6.6µg	15.0µg
Iron	0.8mg	1.8mg
Magnesium	26.5mg	59.5mg
Manganese	0.1mg	0.2mg
Nitrogen	1.9g	4.2g
Phosphorus	139.5mg	313.9mg
Potassium	323.6mg	728.0mg

Ingredients and Allergens

Salmon (**Fish**), Coconut Milk, Tomatoes, Onion, Tamarind, Garlic, Rapeseed Oil, Salt, Curry Leaves, Mustard Seeds (**Mustard**), Ground Coriander, Fennel Seeds, Turmeric, Ground Cumin, Chilli Powder, Garam Masala, Cardamon, Cumin Seeds, Black Pepper, Cinnamon, Ginger.

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

44.6%	100.3g	Salmon, farmed, flesh only, baked
20.3%	45.6g	Coconut milk
16.2%	36.5g	Tomatoes, red, ripe, raw, year round average
13%	29.2g	Onions, raw
2.43%	5.47g	Tamarind pulp, flesh only
1.22%	2.74g	Garlic, raw
0.739	1.66g	Oil, rapeseed
%		
0.243	0.547g	Salt
%		
0.243	0.547g	Curry leaves, fresh
%		
0.162	0.365	Mustard seeds
%	g	
0.162	0.365	Ground Coriander
%	g	
0.162	0.365	Fennel seeds
%	g	
0.146	0.328	Turmeric, ground
%	g	

0.122%	0.274	Ground Cumin	Selenium	8.9µg	20.1µg
	g		Tryptophan/60	2.0mg	4.4mg
0.081	0.182g	Chilli powder	Zinc	0.4mg	0.9mg
%			Ash	0.1g	0.2g
0.081	0.182g	Garam masala	Lutein Zeaxanthin	19.9µg	44.9µg
%			Lycopene	417.2µg	938.7µg
0.081	0.182g	Cardamon, ground	Water	73.9g	166.2g
%			Ethanol	0.0g	0.0g
0.041	0.091g	Cumin seeds			
%					
0.024	0.055	Pepper, black			
%	g				
0.016	0.036	Cinnamon, ground			
%	g				
0.001	0.003	Ginger, fresh			
%	g				

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