

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

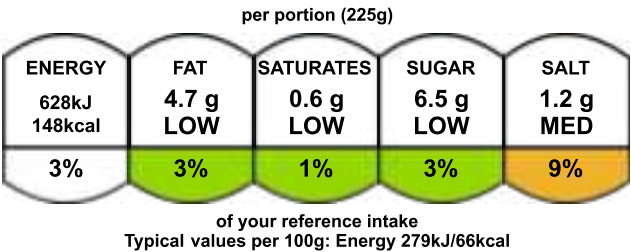
Serving Size

Serving size	225g
Number of servings	533.12

Container Size

Container size	450.0g
Number of servings	2

Graphics



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%	0.938g	Lemon juice, fresh
0.333%	0.75g	Salt
0.333%	0.75g	Peppers, capsicum, chilli, green, raw
0.25%	0.563g	Curry leaves, fresh
0.167%	0.375g	Mustard seeds
0.167%	0.375g	Ground Coriander
0.15%	0.338g	Turmeric, ground
0.125%	0.281g	Ground Cumin
0.083	0.188g	Cumin seeds
%		
0.083	0.188g	Chilli powder

Nutrients

	per 100g	per 225 g serving
Energy	278.97kJ	627.68kJ
Calories	65.93kcal	148.34kcal
Protein	8.64g	19.45g
Total Carbohydrate	0.00g	0.00g
Available	3.66g	8.24g
Carbohydrate		
Sugars	2.89g	6.49g
Starch	0.47g	1.05g
Added Sugar	0.00g	0.00g
Total Fat	2.11g	4.74g
Saturated Fat	0.26g	0.59g
Monounsaturated	1.05g	2.36g
Fats		
Polyunsaturated Fats	0.55g	1.24g
Trans Fat	trace	trace
Dietary Fiber	0.59g	1.32g
Soluble Fiber	0.00g	0.00g
Insoluble Fiber	0.00g	0.00g
Sodium	217.97mg	490.42mg
Salt	0.55g	1.25g
Cholesterol	23.70mg	53.34mg
Vitamin A	39.91IU	89.80IU
Vitamin A RAE	11.97µg	26.94µg
Carotene	65.99µg	148.47µg
Alpha Carotene	trace	trace
Beta Carotene	25.93µg	58.34µg
Retinol	1.05µg	2.36µg
Beta Cryptoxanthin	0.00µg	0.00µg
Thiamin	0.07mg	0.15mg
Riboflavin	0.07mg	0.15mg
Niacin	2.49mg	5.60mg
Pantothenic Acid	0.12mg	0.28mg
Vitamin B6	0.11mg	0.24mg
Folic Acid	0.00µg	0.00µg
Dietary Folate	0.00µg	0.00µg
Equivalents		
Food Folate	0.00µg	0.00µg
Folate	6.17µg	13.89µg
Vitamin B12	0.67µg	1.50µg
Vitamin C	5.91mg	13.30mg
Vitamin D	trace	trace
Vitamin D MCG	trace	trace
Vitamin E	0.81mg	1.81mg
Biotin	0.78µg	1.75µg
Vitamin K	2.30µg	5.18µg
Calcium	28.48mg	64.07mg
Chloride	353.15mg	794.60mg
Choline	0.00µg	0.00µg
Copper	0.06mg	0.13mg
Iodine	90.35µg	203.29µg
Iron	0.52mg	1.18mg
Magnesium	28.18mg	63.40mg

0.000	0.000g	0.000g	0.000g	Manganese	0.06mg	0.14mg
%				Nitrogen	1.39g	3.13g
0.083	0.188g	Garam masala		Phosphorus	99.82mg	224.60mg
%				Potassium	310.95mg	699.63mg
				Selenium	10.54µg	23.72µg
				Tryptophan/60	1.33mg	2.99mg
				Zinc	0.25mg	0.57mg
				Ash	0.00g	0.00g
				Lutein Zeaxanthin	14.59µg	32.83µg
				Lycopene	120.97µg	272.17µg
				Water	82.77g	186.23g
				Ethanol	0.00g	0.00g

generated by alacalc.com
10 September, 2026 13:49