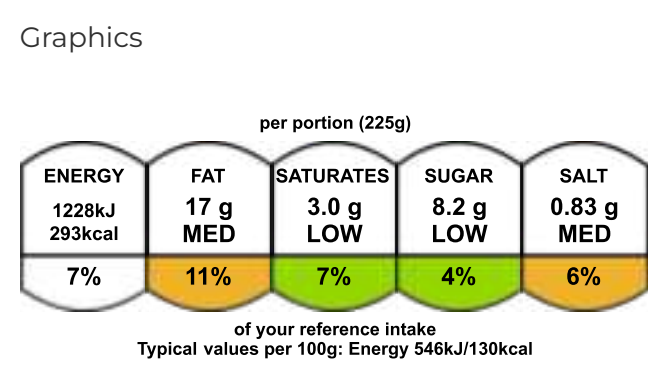


Nellore Chappa - Andhra style Salmon simmered in a fenugreek and tamarind coconut milk sauce spiced with dried chilli

Serving Size	
Serving size	225g
Number of servings	548.19

Container Size	
Container size	450.0g
Number of servings	2



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%	0.365g	Mustard seeds
0.162%	0.365g	Ground Coriander
0.162%	0.365g	Fennel seeds
0.146%	0.328g	Turmeric, ground
0.122%	0.274g	Ground Cumin
0.081%	0.182g	Chilli powder

Nutrients		
	per 100g	per 225 g serving
Energy	545.86kJ	1228.18kJ
Calories	130.39kcal	293.37kcal
Protein	11.92g	26.83g
Total Carbohydrate	0.00g	0.00g
Available	4.12g	9.27g
Carbohydrate		
Sugars	3.66g	8.23g
Starch	0.16g	0.37g
Added Sugar	0.00g	0.00g
Total Fat	7.54g	16.97g
Saturated Fat	1.34g	3.01g
Monounsaturated	3.11g	7.00g
Fats		
Polyunsaturated Fats	2.01g	4.53g
Trans Fat	trace	trace
Dietary Fiber	0.58g	1.30g
Soluble Fiber	0.00g	0.00g
Insoluble Fiber	0.00g	0.00g
Sodium	144.83mg	325.86mg
Salt	0.37g	0.83g
Cholesterol	29.97mg	67.42mg
Vitamin A	179.69IU	404.31IU
Vitamin A RAE	20.20µg	45.44µg
Carotene	35.50µg	79.88µg
Alpha Carotene	16.38µg	36.85µg
Beta Carotene	73.10µg	164.47µg
Retinol	7.58µg	17.06µg
Beta Cryptoxanthin	0.00µg	0.00µg
Thiamin	0.15mg	0.35mg
Riboflavin	0.07mg	0.15mg
Niacin	5.99mg	13.49mg
Pantothenic Acid	0.70mg	1.57mg
Vitamin B6	0.10mg	0.23mg
Folic Acid	0.00µg	0.00µg
Dietary Folate	2.43µg	5.47µg
Equivalents		
Food Folate	2.43µg	5.47µg
Folate	7.75µg	17.43µg
Vitamin B12	1.11µg	2.51µg
Vitamin C	3.37mg	7.58mg
Vitamin D	130.21IU	292.97IU
Vitamin D MCG	3.26µg	7.32µg
Vitamin E	1.94mg	4.37mg
Biotin	1.47µg	3.30µg
Vitamin K	2.24µg	5.05µg
Calcium	28.15mg	63.33mg
Chloride	233.76mg	525.96mg
Choline	1.09µg	2.44µg
Copper	0.06mg	0.13mg
Iodine	6.65µg	14.95µg
Iron	0.80mg	1.80mg
Magnesium	26.46mg	59.53mg

0.001%	0.182g	Cumin powder	Manganese	0.11mg	0.24mg
0.081%	0.182g	Garam masala	Nitrogen	1.89g	4.25g
0.081%	0.182g	Cardamon, ground	Phosphorus	139.50mg	313.87mg
0.041%	0.091g	Cumin seeds	Potassium	323.56mg	728.00mg
0.024%	0.055g	Pepper, black	Selenium	8.94µg	20.12µg
0.016%	0.036g	Cinnamon, ground	Tryptophan/60	1.97mg	4.44mg
0.001%	0.003g	Ginger, fresh	Zinc	0.38mg	0.86mg
			Ash	0.08g	0.18g
			Lutein Zeaxanthin	19.94µg	44.88µg
			Lycopene	417.21µg	938.73µg
			Water	73.87g	166.20g
			Ethanol	0.00g	0.00g