# Allepy Fish Curry

Keralan fisherman's curry, cod loin simmered in a curry leaf tempered coconut milk sauce soured with unripe mango.

| SERVING SIZE | PACK SIZE | SERVINGS PER PACK |
|---|---|---|
| **225 g** | **450 g** | **2** |

FRONT OF PACK (UK/EU)

**Per portion**

| ENERGY | FAT | SATURATES | SUGAR | SALT |
|---|---|---|---|---|
| 628kJ 148kcal | 4.7 g LOW | 0.6 g LOW | 6.5 g LOW | 1.3 g MED |
| 7% | 7% | 3% | 7% | 21% |

**of an adult's reference intake**

Typical values (as sold) per 100g: Energy 279kJ / 66kcal

BACK OF PACK (UK)

| Typical values | per 100g | per 225g serving |
|---|---|---|
| Energy | 279kJ | 628kJ |
| | 66kcal | 148kcal |
| Fat | 2.1g | 4.7g |
| of which saturates | 0.3g | 0.6g |
| Carbohydrate | 3.7g | 8.2g |
| of which sugars | 2.9g | 6.5g |
| Protein | 8.6g | 19g |
| Salt | 0.55g | 1.3g |

## Ingredients and allergens

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

CONTAINS **Fish**, **Mustard**, **Sulphites**

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

## Recipe breakdown per 225 g serving

| | | |
|---|---|---|
| 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 |
| 0.083% | 0.188g | Garam masala |

## Full nutrient profile

| | PER 100G | PER 225G |
|---|---|---|
| Energy | 278.97 kJ | 627.68 kJ |
| Energy | 65.93 kcal | 148.34 kcal |
| Fat | 2.11 g | 4.74 g |
| of which saturates | 0.26 g | 0.59 g |
| Monounsaturated Fats | 1.05 g | 2.36 g |
| Polyunsaturated Fats | 0.55 g | 1.24 g |
| Trans Fatty Acids | trace | trace |
| Carbohydrate | 3.66 g | 8.24 g |
| of which sugars | 2.89 g | 6.49 g |
| of which starch | 0.47 g | 1.05 g |
| Fibre | 0.59 g | 1.32 g |
| Protein | 8.64 g | 19.45 g |
| Salt | 0.55 g | 1.25 g |
| Sodium | 217.97 mg | 490.42 mg |
| Vitamin A IU | 39.91 IU | 89.80 IU |
| Vitamin A RAE | 11.97 µg | 26.94 µg |
| Carotene | 65.99 µg | 148.47 µg |
| Alpha Carotene | trace | trace |
| Beta Carotene | 25.93 µg | 58.34 µg |
| Retinol | 1.05 µg | 2.36 µg |
| Beta Cryptoxanthin | 0.00 µg | 0.00 µg |
| Thiamin | 0.07 mg | 0.15 mg |
| Riboflavin | 0.07 mg | 0.15 mg |
| Niacin | 2.49 mg | 5.60 mg |
| Pantothenic Acid | 0.12 mg | 0.28 mg |
| Vitamin B6 | 0.11 mg | 0.24 mg |
| Dietary Folate Equivalents | 0.00 µg | 0.00 µg |
| Food Folate | 0.00 µg | 0.00 µg |

| | PER 100G | PER 225G |
|---|---|---|
| Folate | 6.17 µg | 13.89 µg |
| Vitamin B12 | 0.67 µg | 1.50 µg |
| Vitamin C | 5.91 mg | 13.30 mg |
| Vitamin D IU | trace | trace |
| Vitamin D MCG | trace | trace |
| Vitamin E | 0.81 mg | 1.81 mg |
| Biotin | 0.78 µg | 1.75 µg |
| Vitamin K | 2.30 µg | 5.18 µg |
| Calcium | 28.48 mg | 64.07 mg |
| Chloride | 353.15 mg | 794.60 mg |
| Choline | 0.00 µg | 0.00 µg |
| Copper | 0.06 mg | 0.13 mg |
| Iodine | 90.35 µg | 203.29 µg |
| Iron | 0.52 mg | 1.18 mg |
| Magnesium | 28.18 mg | 63.40 mg |
| Manganese | 0.06 mg | 0.14 mg |
| Nitrogen | 1.39 g | 3.13 g |
| Phosphorus | 99.82 mg | 224.60 mg |
| Potassium | 310.95 mg | 699.63 mg |
| Selenium | 10.54 µg | 23.72 µg |
| Tryptophan/60 | 1.33 mg | 2.99 mg |
| Zinc | 0.25 mg | 0.57 mg |
| Ash | 0.00 g | 0.00 g |
| Cholesterol | 23.70 mg | 53.34 mg |
| Lutein Zeaxanthin | 14.59 µg | 32.83 µg |
| Lycopene | 120.97 µg | 272.17 µg |
| Water | 82.77 g | 186.23 g |

Reviewed on 3 November 2026. Values per 100 g and per 225 g serving.