Nellore Chappa

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

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

FRONT OF PACK (UK/EU)

Per portion

ENERGY	FAT	SATURATES	SUGAR	SALT
1228kJ 293kcal	17 g MED	3.0 g LOW	8.2 g LOW	0.83 g MED
15%	24%	15%	9%	14%

of an adult's reference intake

Typical values (as sold) per 100g: Energy 546kJ / 130kcal

BACK OF PACK (UK)

Typical values	per 100g	per 225g serving
Energy	546kJ	1228kJ
	130kcal	293kcal
Fat	7.5g	17g
of which saturates	1.3g	3.0g
Carbohydrate	4.1g	9.3g
of which sugars	3.7g	8.2g
Protein	12g	27g
Salt	0.37g	0.83g

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, Cardamom, Cumin Seeds, Black Pepper, Cinnamon, Ginger.

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

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

Recipe breakdown per 225 g serving

44.6%	100g	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
0.081%	0.182g	Garam masala
0.081%	0.182g	Cardamom, ground
0.041%	0.091g	Cumin seeds
0.024%	0.055g	Pepper, black
0.016%	0.036g	Cinnamon, ground
0.001%	0.003g	Ginger, fresh

Full nutrient profile

	PER 100G	PER 225G
Energy	545.86 kJ	1228.18 kJ
Energy	130.39 kcal	293.37 kcal
Fat	7.54 g	16.97 g
of which saturates	1.34 g	3.01 g
Monounsaturated Fats	3.11 g	7.00 g
Polyunsaturated Fats	2.01 g	4.53 g
Trans Fatty Acids	trace	trace
Carbohydrate	4.12 g	9.27 g
of which sugars	3.66 g	8.23 g
of which starch	0.16 g	0.37 g
Fibre	0.58 g	1.30 g
Protein	11.92 g	26.83 g
Salt	0.37 g	0.83 g
Sodium	144.83 mg	325.86 mg
Vitamin A IU	179.69 IU	404.31 IU
Vitamin A RAE	20.20 µg	45.44 µg
Carotene	35.50 µg	79.88 µg
Alpha Carotene	16.38 µg	36.85 µg
Beta Carotene	73.10 µg	164.47 µg
Retinol	7.58 µg	17.06 µg
Beta Cryptoxanthin	0.00 µg	0.00 µg
Thiamin	0.15 mg	0.35 mg
Riboflavin	0.07 mg	0.15 mg
Niacin	5.99 mg	13.49 mg
Pantothenic Acid	0.70 mg	1.57 mg
Vitamin B6	0.10 mg	0.23 mg
Dietary Folate Equivalents	2.43 µg	5.47 µg
Food Folate	2.43 µg	5.47 µg

	PER 100G	PER 225G
Folate	7.75 µg	17.43 µg
Vitamin B12	1.11 µg	2.51 µg
Vitamin C	3.37 mg	7.58 mg
Vitamin D IU	130.21 IU	292.97 IU
Vitamin D MCG	3.26 µg	7.32 µg
Vitamin E	1.94 mg	4.37 mg
Biotin	1.47 µg	3.30 µg
Vitamin K	2.24 µg	5.05 µg
Calcium	28.15 mg	63.33 mg
Chloride	233.76 mg	525.96 mg
Choline	1.09 µg	2.44 µg
Copper	0.06 mg	0.13 mg
Iodine	6.65 µg	14.95 µg
Iron	0.80 mg	1.80 mg
Magnesium	26.46 mg	59.53 mg
Manganese	0.11 mg	0.24 mg
Nitrogen	1.89 g	4.25 g
Phosphorus	139.50 mg	313.87 mg
Potassium	323.56 mg	728.00 mg
Selenium	8.94 µg	20.12 µg
Tryptophan/60	1.97 mg	4.44 mg
Zinc	0.38 mg	0.86 mg
Ash	0.08 g	0.18 g
Cholesterol	29.97 mg	67.42 mg
Lutein Zeaxanthin	19.94 µg	44.88 µg
Lycopene	417.21 µg	938.73 µg
Water	73.87 g	166.20 g

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